



dnalife® Online Training

Self-Study: 26 February - 14 March 2021

Live Online Sessions: 6, 7, 13 and 14 March

Thank you for your interest in the dnalife® online training.

This program will introduce you to the concept of nutrigenetics and nutrigenomics and applying the science in practice. You will also receive important information around each of our DNA tests, increasing your understanding and confidence to use these tests in practice.

The online training will consist **of self-study (reading and webinars + 1.5 hours per day for 10 days) and attending live online webinars for 4 mornings on Saturday and Sunday the 6th, 7th, 13th, and 14th of March.**

A member of the dnalife® team will set up a time (suitable for you) to go through your own DNA report's.

The training will be conducted by our experts at DNalysis in South Africa, who are a part of dnalife® and Nordic Laboratories.

What to expect?

You will receive access to the dnalife® Microsoft Teams platform. Here you will find all the resources you need for your online learning in one place – dnalife® education resources, presentations slides, scientific articles and video's/webinars to watch. You will be invited as a guest to this platform and do not need any additional software or subscription. A poor **internet connection** will slow down the platform and your ability to access video's and large documents.

The training is broken up into self-study material and live training sessions with the dnalife® educators. **Please complete the relevant self-study material before the live training session.** During the live webinar you will have opportunity to ask questions. We have chosen Saturday and Sunday mornings for the live online training sessions based on previous feedback from practitioners. We do however understand that this may not be suitable for everyone, therefore **the live online events will be recorded** for those who cannot make it and these recordings will be made available to all attendees as soon as possible.

An online Q & A is to be completed at the end of each section to qualify for CPD points.

There is also additional optional material for you to go through on each of the modules in your own time. This content will still be available to you when the training is over if you wish to go through it at a later stage.

Once the training is complete you will be contacted by a dnalife® representative to go through the relevant logistics for using the dnalife® test in your practice.



Program for dnalife® Online Training

Please note:

It is **the responsibility of the attendee to self-study and effectively work through the provided content** in order to be prepared to appropriately consult with patients on the results of the dnalife® tests. The dnalife® team is here to support you whenever you have questions or need assistance.

Training Program

Below is an outline of the training program.

Complete the self-study material before the relevant live training session.

A detailed program of the self-study material to be covered for each module will be provided.

Date	Subject
WEEK 1	
26 Feb - 5 Mar 2021	Basics of Genetics DNA Health® DNA Oestrogen DNA Diet DNA Sport Self-Study ±1.5 hours/day for 5 days
6 Mar 2021	Basics of Genetics: 7.30 –7.45 am DNA Health®: 7.45 – 9.30 am DNA Oestrogen: 9.50 – 10.50 am Live Online Webinars
7 Mar 2021	DNA Diet: 7.30 – 8.30 am DNA Sport: 8.50 – 9.50 am Live Online Webinars
WEEK 2	
8 - 12 Mar 2021	DNA Mind DNA Medcheck DNA Smile GrowBaby Self-Study ±1 hour/day for 5 days
13 Mar 2021	DNA Mind: 7.30 –8.50 am Medcheck: 9.10 – 10.10 am Live Online Webinars
14 Mar 2021	DNA Smile: 7.30 –8.30 am GrowBaby: 8.50 – 10.00 am Live Online Webinars

Live online webinars are presented by Helen Gautschi, RD (SA); Sasha Maggs, MSc (Med) Human Genetics; Jessica Pieterse, RD (SA). **PLEASE NOTE:** Timings are in Central European Time (CET)