

2024 ADVANCED DIPLOMA OF CLINICAL NUTRITION TIMETABLE

Duration: 3 years, 4 years or 5 years

Intake: Annual intake commencing 21 February

Academic Year: The academic year consists of 3 x 12-week terms

Flexible Learning Options:

Enjoy the ease of attending the class live in our virtual classroom with your Trainer **OR** watch the recording in line with your own weekly study schedule.

You can choose to:

- Attend the class lesson live in real-time online at the scheduled time OR
- Review the class recording and course content at your leisure in-line with your own weekly study schedule.
- You can attend the live class and watch the recording for revision to consolidate your learning.
- *Clinical Practice training is delivered 50% live online and 50% with an approved external supervisor.
- ** As Nutritional Therapeutics A/B Tutorials are designed to be a discussion group, live online attendance in at least two sessions is required

Course Study Plan Overview

In order to complete the Advanced Diploma, students must follow the published study plan in the sequence outlined and complete the course in the duration outlined.

	3 Year Study Plan					
	Term 1	Term 2	Term 3			
Year 1	 Anatomy & Physiology Body Structure Foundations of Nutrition A Introduction to Natural Medicine 	Anatomy & Physiology Body SystemsFoundations of Nutrition BBody Chemistry A	 Integrative Anatomy & Physiology Principles of Micronutrients A Body Chemistry B Food As Medicine 			
	Term 1	Term 2	Term 3			
Year 2	 Principles of Micronutrients B Symptomatology, Diagnosis & Pathology A Communicate with Clients 	 Nutritional Therapeutics A Nutritional Therapeutics A Tutorials** Symptomatology, Diagnosis & Pathology B Clinical Assessment Techniques Communicate in Health 	 Nutritional Therapeutics B Nutritional Therapeutics B Tutorials** Symptomatology, Diagnosis & Pathology C Safe Practices Pharmacology 			
	Term 1	Term 2	Term 3			
Year 3	Clinical Case Studies A (Nut) Naturopathic Diagnosis	Clinical Case Studies B (Nut) Develop Professional Expertise	Evidence Based Practice Building Your Successful Practice			
	In 3rd	year 200 hours of Clinical Practice Nutrition Trai	ning			

~ 4 and 5 -year study plans on the next page ~



	4 Year Study Plan				
	Term 1	Term 2	Term 3		
Year 1	Anatomy & Physiology Body StructureFoundations of Nutrition A	Anatomy & Physiology Body SystemsFoundations of Nutrition BBody Chemistry A	Integrative Anatomy & PhysiologyIntroduction to Natural MedicineBody Chemistry B		
	Term 1	Term 2	Term 3		
Year 2	Symptomatology, Diagnosis & Pathology AFood As Medicine	Symptomatology, Diagnosis & Pathology B Clinical Assessment Techniques	 Symptomatology, Diagnosis & Pathology C Principles of Micronutrients A Safe Practices 		
	Term 1	Term 2	Term 3		
Year 3	 Principles of Micronutrients B Communicate with Clients	Nutritional Therapeutics ANutritional Therapeutics A TutorialsCommunicate in Health	Nutritional Therapeutics BNutritional Therapeutics B TutorialsPharmacology		
	Term 1	Term 2	Term 3		
Year 4	Clinical Case Studies A (Nut)Naturopathic Diagnosis	Clinical Case Studies B (Nut) Develop Professional Expertise	Building Your Successful PracticeEvidence Based Practice		
	In 4th	year 200 hours of Clinical Practice Nutrition Train	ning		

		5 Year Study Plan	
	Term 1	Term 2	Term 3
Year 1	Anatomy & Physiology Body StructureFoundations of Nutrition A	Anatomy & Physiology Body SystemsFoundations of Nutrition B	Integrative Anatomy & PhysiologyFood As Medicine
	Term 1	Term 2	Term 3
Year 2	Introduction to Natural MedicineCommunicate with Clients	 Body Chemistry A Communicate in Health Principles of Micronutrients A Body Chemistry B 	
	Term 1	Term 2	Term 3
Year 3	Symptomatology, Diagnosis & Pathology APrinciples of Micronutrients B	Symptomatology, Diagnosis & Pathology BClinical Assessment Techniques	Symptomatology, Diagnosis & Pathology CPharmacology
	Term 1	Term 2	Term 3
Year 4	Naturopathic Diagnosis	Nutritional Therapeutics ANutritional Therapeutics A Tutorials	Safe PracticesNutritional Therapeutics BNutritional Therapeutics B Tutorials
	Term 1	Term 2	Term 3
Year 5	Clinical Case Studies A (Nut)	Clinical Case Studies B (Nut)Develop Professional Expertise	Building Your Successful Practice Evidence Based Practice
	In 5th	year 200 hours of Clinical Practice Nutrition Train	ing

2024 Timetables:

3-year timetable starts on page 3
4-year timetable starts on page 6
5-year timetable starts on page 10



3-Year Study Plan

1st Year Timetable

Term 1 = Three Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Anatomy & Physiology Body Structure (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	21 Feb – 8 May	12 weeks
Foundations of Nutrition A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	21 Feb – 8 May	12 weeks
Introduction to Natural Medicine (incl. GST \$575)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 2 May	10 weeks (excl. 25 Apr)

Term 2 = Three Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Anatomy & Physiology Body Systems (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Foundations of Nutrition B (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Body Chemistry A (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm - 2.00pm	6 Jun – 8 Aug	9 weeks (excl. 11 Jul)

Term 3 = Four Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Integrative Anatomy & Physiology (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	18 Sep – 4 Dec	12 weeks
Principles of Micronutrients A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	18 Sep – 4 Dec	12 weeks
Body Chemistry B (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	19 Sep – 14 Nov	9 weeks
Food as Medicine (incl. GST \$595)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	1 Oct – 3 Dec	10 weeks

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3-Year Study Plan - 2nd Year Timetable

Term 1 = Three Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Principles of Micronutrients B (incl. GST \$995)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	21 Feb – 8 May	12 weeks
Communicate with Clients (incl. GST \$445)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	21 Feb – 2 Apr	7 weeks
Symptomatology, Diagnosis & Pathology A (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)

Term 2 = Five Subjects					
Subject Name	Class schedule	Time	Dates	Duration	
Nutritional Therapeutics A (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)	
Communicate in Health (incl. GST \$495)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	5 Jun – 31 Jul	8 weeks (excl. 10 Jul)	
Clinical Assessment Techniques (incl. GST \$395)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 18 Jul	6 weeks (excl. 11 Jul)	
Symptomatology, Diagnosis & Pathology B (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	6 Jun -29 Aug	12 weeks (excl. 11 Jul)	
Nutritional Therapeutics A Tutorials** (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	27 Jun, 18 Jul, 8 Aug, 29 Aug	4 classes	

Term 3 = Five Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Nutritional Therapeutics B (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	18 Sep – 4 Dec	12 weeks
Pharmacology (incl. GST \$895)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	18 Sep – 4 Dec	12 weeks
Symptomatology, Diagnosis & Pathology C (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	19 Sep – 5 Dec	12 weeks
Nutritional Therapeutics B Tutorials (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	3 & 24 Oct, 14 Nov, 5 Dec	4 classes
Safe Practices (incl. GST \$185)	Distance Learning No scheduled day	Distance Learning No scheduled time	16 Sep – 27 Oct	6 weeks

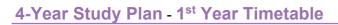


Term 1 = Two Subjects + Clinical Practice Training					
Subject Name	Class schedule	Time	Dates	Duration	
Clinical Case Studies A (Nut) (incl. GST \$565)	Thursday Online Virtual Classroom	9.00am – 11.00am	22 Feb – 11 Apr	8 weeks	
Naturopathic Diagnosis (incl. GST \$820)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)	

Term 2 = Two Subjects + Clinical Practice Training				
Subject Name	Class schedule	Time	Dates	Duration
Clinical Case Studies B (Nut) (incl. GST \$565)	Thursday Online Virtual Classroom	9.00am – 11.00am	6 Jun – 1 Aug	8 weeks (excl. 11 Jul)
Develop Professional Expertise (incl. GST \$545)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 1 Aug	8 weeks (excl. 11 Jul)

Term 3 = Two Subjects + Clinical Practice Training				
Subject Name	Class schedule	Time	Dates	Duration
Evidence Based Practice (incl. GST \$675)	Tuesday Online Virtual Classroom	3.30pm – 5.30pm (last class 3.30pm - 4.30pm)	17 Sep – 26 Nov	11 weeks
Building Your Successful Practice (incl. GST \$820)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	17 Sep – 3 Dec	12 weeks

Clinical Practice Training timetable on the last page





Term 1 = Two subjects				
Subject Name Class schedule Time Dates				
Anatomy & Physiology Body Structure (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	21 Feb – 8 May	12 weeks
Foundations of Nutrition A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	21 Feb – 8 May	12 weeks

Term 2 = Three subjects				
Subject Name	Class schedule	Time	Dates	Duration
Anatomy & Physiology Body Systems (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Foundations of Nutrition B (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Body Chemistry A (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm - 2.00pm	6 Jun – 8 Aug	9 weeks (excl. 11 Jul)

Term 3 = Three subjects				
Subject Name	Class schedule	Time	Dates	Duration
Integrative Anatomy & Physiology (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	18 Sep – 4 Dec	12 weeks
Introduction to Natural Medicine (incl. GST \$575)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	18 Sep – 20 Nov	10 weeks
Body Chemistry B (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	19 Sep – 14 Nov	9 weeks



Term 1 = Two Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Symptomatology, Diagnosis & Pathology A (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)
Food as Medicine (incl. GST \$595)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	5 Mar – 7 May	10 weeks

Term 2 = Two Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Clinical Assessment Techniques (incl. GST \$395)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 18 Jul	6 weeks (excl. 11 Jul)
Symptomatology, Diagnosis & Pathology B (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	6 Jun -29 Aug	12 weeks (excl. 11 Jul)

Term 3 = Three Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Principles of Micronutrients A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	18 Sep – 4 Dec	12 weeks
Symptomatology, Diagnosis & Pathology C (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	19 Sep – 5 Dec	12 weeks
Safe Practices (incl. GST \$185)	Distance Learning No scheduled day	Distance Learning No scheduled time	16 Sep – 27 Oct	6 weeks



Term 1 = Two Subjects					
Subject Name Class schedule Time Dates Duration					
Principles of Micronutrients B (incl. GST \$995)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	21 Feb – 8 May	12 weeks	
Communicate with Clients (incl. GST \$445)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	21 Feb – 2 Apr	7 weeks	

Term 2 = Three Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Nutritional Therapeutics A (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Communicate in Health (incl. GST \$495)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	5 Jun – 31 Jul	8 weeks (excl. 10 Jul)
Nutritional Therapeutics A Tutorials** (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	27 Jun, 18 Jul, 8 Aug, 29 Aug	4 classes

Term 3 = Three Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Nutritional Therapeutics B (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	18 Sep – 4 Dec	12 weeks
Pharmacology (incl. GST \$895)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	18 Sep – 4 Dec	12 weeks
Nutritional Therapeutics B Tutorials (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	3 & 24 Oct, 14 Nov, 5 Dec	4 classes



4-Year Study Plan - 4th Year Timetable

Term 1 = Two Subjects + Clinical Practice Training					
Subject Name Class schedule Time Dates Duration					
Clinical Case Studies A (Nut) (incl. GST \$565)	Thursday Online Virtual Classroom	9.00am – 11.00am	22 Feb – 11 Apr	8 weeks	
Naturopathic Diagnosis (incl. GST \$820)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)	

Term 2 = Two Subjects + Clinical Practice Training					
Subject Name Class schedule Time Dates Duration					
Clinical Case Studies B (Nut) (incl. GST \$565)	Thursday Online Virtual Classroom	9.00am – 11.00am	6 Jun – 1 Aug	8 weeks (excl. 11 Jul)	
Develop Professional Expertise (incl. GST \$545)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 1 Aug	8 weeks (excl. 11 Jul)	

Term 3 = Two Subjects + Clinical Practice Training					
Subject Name Class schedule Time Dates Duration					
Evidence Based Practice (incl. GST \$675)	Tuesday Online Virtual Classroom	3.30pm – 5.30pm (last class 3.30pm - 4.30pm)	17 Sep – 26 Nov	11 weeks	
Building Your Successful Practice (incl. GST \$820)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	17 Sep – 3 Dec	12 weeks	

Clinical Practice Training timetable on the last page



5-Year Study Plan - 1st Year Timetable

Term 1 = Two subjects				
Subject Name	Class schedule	Time	Dates	Duration
Anatomy & Physiology Body Structure (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	21 Feb – 8 May	12 weeks
Foundations of Nutrition A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	21 Feb – 8 May	12 weeks

Term 2 = Two subjects				
Subject Name	Class schedule	Time	Dates	Duration
Anatomy & Physiology Body Systems (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)
Foundations of Nutrition B (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)

Term 3 = Two subjects				
Subject Name	Class schedule	Time	Dates	Duration
Integrative Anatomy & Physiology (incl. GST \$750)	Wednesday Online Virtual Classroom	12.00pm – 2.00pm	18 Sep – 4 Dec	12 weeks
Food as Medicine (incl. GST \$595)	Tuesday Online Virtual Classroom	6.30pm – 6.30pm	1 Oct – 3 Dec	10 weeks



Term 1 = Two Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Communicate with Clients (incl. GST \$445)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	21 Feb – 2 Apr	7 weeks
Introduction to Natural Medicine (incl. GST \$575)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 2 May	10 weeks (excl. 25 Apr)

Term 2 = Two Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Communicate in Health (incl. GST \$495)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	5 Jun – 31 Jul	8 weeks (excl. 10 Jul)
Body Chemistry A (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 8 Aug	9 weeks (excl. 11 Jul)

Term 3 = Two Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Principles of Micronutrients A (incl. GST \$995)	Wednesday Online Virtual Classroom	3.00pm – 5.30pm	18 Sep – 4 Dec	12 weeks
Body Chemistry B (incl. GST \$595)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	19 Sep – 14 Nov	9 weeks



Term 1 = Two Subjects				
Subject Name Class schedule Time Dates Duration				
Principles of Micronutrients B (incl. GST \$995)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	21 Feb – 8 May	12 weeks
Symptomatology, Diagnosis & Pathology A (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)

Term 2 = Two Subjects					
Subject Name Class schedule Time Dates Duration					
Clinical Assessment Techniques (incl. GST \$395)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 18 Jul	6 weeks (excl. 11 Jul)	
Symptomatology, Diagnosis & Pathology B (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	6 Jun -29 Aug	12 weeks (excl. 11 Jul)	

Term 3 = Two Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Pharmacology (incl. GST \$895)	Wednesday Online Virtual Classroom	6.30pm – 8.30pm	18 Sep – 4 Dec	12 weeks
Symptomatology, Diagnosis & Pathology C (incl. GST \$790)	Thursday Online Virtual Classroom	2.30pm – 4.30pm	19 Sep – 5 Dec	12 weeks



5-Year Study Plan - 4th Year Timetable

Term 1 = One Subject					
Subject Name Class schedule Time Dates Duration					
Naturopathic Diagnosis (incl. GST \$820)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	22 Feb – 16 May	12 weeks (excl. 25 Apr)	

Term 2 = Two Subjects					
Subject Name Class schedule Time Dates Duration					
Nutritional Therapeutics A (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	5 Jun – 28 Aug	12 weeks (excl. 10 Jul)	
Nutritional Therapeutics A Tutorials** (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	27 Jun, 18 Jul, 8 Aug, 29 Aug	4 classes	

Term 3 = Three Subjects				
Subject Name	Class schedule	Time	Dates	Duration
Safe Practices (incl. GST \$185)	Distance Learning No scheduled day	Distance Learning No scheduled time	16 Sep – 27 Oct	6 weeks
Nutritional Therapeutics B (Incl. GST \$1110)	Wednesday Online Virtual Classroom	12.00pm – 2.30pm	18 Sep – 4 Dec	12 weeks
Nutritional Therapeutics B Tutorials (incl. GST \$395)	Thursday Online Virtual Classroom	6.00pm – 9.00pm	3 & 24 Oct, 14 Nov, 5 Dec	4 classes



5-Year Study Plan - 5th Year Timetable

Term 1 = One Subject + Clinical Practice Training						
Subject Name	Class schedule	Time	Dates	Duration		
Clinical Case Studies A (Nut) (incl. GST \$565)	Thursday Online Virtual Classroom	9.00am – 11.00am	22 Feb – 11 Apr	8 weeks		

Term 2 = Two Subjects + Clinical Practice Training						
Subject Name	Class schedule	Time	Dates	Duration		
Clinical Case Studies B (Nut) (incl. GST \$565)	Thursday Online Virtual Classroom	9.00am – 11.00am	6 Jun – 1 Aug	8 weeks (excl. 11 Jul)		
Develop Professional Expertise (incl. GST \$545)	Thursday Online Virtual Classroom	12.00pm – 2.00pm	6 Jun – 1 Aug	8 weeks (excl. 11 Jul)		

Term 3 = Two Subjects + Clinical Practice Training						
Subject Name	Class schedule	Time	Dates	Duration		
Evidence Based Practice (incl. GST \$675)	Tuesday Online Virtual Classroom	3.30pm – 5.30pm (last class 3.30pm - 4.30pm)	17 Sep – 26 Nov	11 weeks		
Building Your Successful Practice (incl. GST \$820)	Tuesday Online Virtual Classroom	6.30pm – 8.30pm	17 Sep – 3 Dec	12 weeks		

Clinical Practice Training timetable on the last page



Clinical Practice Training Timetable: Term 3

Clinical Practice Training (Nutrition) 50 hours per session

Online Virtual Clinic

\$1750 (Incl. GST)

Wednesday 5.00pm – 9.00pm 13 weeks

18 Sep – 11 Dec

*Week 1 two hours only (5pm - 7pm)