



FNWM · FUNCTIONAL NUTRITION & WELLNESS MASTERY · THE FULL PROGRAMME

Welcome to the full FNWM programme

Phases 1 to 4 · Functional Nutrition & Wellness Mastery

STARTS

27 September 2026

Phases 1–3 · Phase 4 begins
24 January 2027

FORMAT

Online · Bilingual

English and Chinese

PROMOTIONAL PRICE

¥24,210

until 10 October 2026 · then
¥25,999

You are in the right place

This is the whole journey in one enrolment: the foundation of nutrition, the essentials of functional nutrition in practice, personalised family-centred work, and the integration of cell signalling, epigenetics and public health education. Four phases, taken in order, ending in the FNWM Full Professional Certificate, Level 4.

“Food choices are among the most powerful tools we have to shape our health and the health of future generations.”

Michael Pollan

BEST VALUE

The full programme saves ¥1,789 against buying the four phases separately, and it carries a free University / College Endorsement Certificate. Both apply until 10 October 2026.

What you will study

Four phases across the FNWM Circular Mastery Loop — learn, apply, personalise, integrate. Phases 1 to 3 begin together on 27 September 2026; Phase 4 begins on 24 January 2027, once the three before it are complete.

PHASE

1

Foundation of Nutrition

Core nutrition principles, functional foods and supplements, and the digestive system's part in absorption and health. Three modules, 142 lessons. ¥4,299 separately.

PHASE

2

Intermediate Functional Nutrition Essentials

The functional food market, family-wide detoxification, and the science behind metabolic syndrome. Three modules. ¥5,268 separately.

PHASE

3

Advanced Personalized Nutrition

Family-centred functional nutrition across life stages and lifestyles, extended into community initiatives. Three modules. ¥7,299 separately.

PHASE

4

Integrative and Functional Nutrition

Cell signalling, epigenetics, and public nutrition and chronic health education. Three modules. ¥9,530 separately, and it begins 24 January 2027.

The Mastery Loop, end to end

PHASE 1

Learn

PHASE 2

Apply

PHASE 3

Personalise

PHASE 4

Integrate

The full programme is the whole FNWM Circular Mastery Loop: what you learn in Phase 1 you apply in Phase 2, personalise in Phase 3 and integrate in Phase 4 — with structure, ethics and real-world relevance throughout.

The full week-by-week outline for each phase is published before that phase begins.

Your teaching team

Dr Anthony Ng

Lead Instructor, Phase 3 · Hong Kong

Ms Stephanie Chin

Instructor · Melbourne

Ms Lina Lee

Instructor · Melbourne

Mr Stanley Ho

Instructor · Melbourne

Mr Andy Cheung

Instructor · Hong Kong

Full profiles at anwa.org/instructors

Where the full programme takes you

- Complete all four phases and earn the FNWM Full Professional Certificate, Level 4 — the programme's highest award.
- Work across the whole range: individual and family nutrition, metabolic health, personalised planning, and public health education.
- Practise in wellness coaching, corporate wellness, community health education and family-focused functional nutrition, within your professional scope.
- Keep a free University / College Endorsement Certificate, included with the full programme.

A certificate you can stand behind

Verifiable

Every ANWA certificate carries a code anyone can check at anwa.org/verify.

5,000+ students

Taught by ANWA since 2012, across Australia, China, Hong Kong, Taiwan, Malaysia and Singapore.

Academic partners

Genovasi University College ·
Raffles University · Mantissa College

Dates and how to enrol

- **27 September 2026** — Phases 1, 2 and 3 begin. 17 weeks each, online.
- **10 October 2026** — Promotional pricing ends and enrolment for this intake closes.
- **24 January 2027** — Phase 4 begins, and the next Phase 1–3 intake with it.

The full programme is open to anyone — no prior study is required. You are enrolled in all four phases at once and take them in order; Phase 4 opens to you once Phases 1 to 3 are complete.

P1–P4 Full Course · **¥24,210**

Promotional price until 10 October 2026, then ¥25,999

Includes a free University / College Endorsement Certificate.

Enrol: www.anwa.org/enrol · www.anwa-cn.com/enrol

Questions: support@anwa.org

Australia Nutrition & Wellness Association · anwa.org