



四年級：整合性與 功能性營養 (中文版)



FNWM · FUNCTIONAL NUTRITION & WELLNESS MASTERY · FIRST INTAKE · JANUARY 2027

Welcome to Phase 4 — Professional

Integrative and Functional Nutrition · The integration phase

STARTS

24 January 2027

17 weeks · online

FORMAT

Online · Bilingual

English and Chinese

PRICE

¥9,530

Requires Phases 1, 2 and 3

You are in the right place

Phase 4 is where the programme closes its loop. This course aims to equip participants with a deep understanding of functional nutrition, specifically focusing on the application of cell signaling, epigenetics, and public nutrition education within health management. Through systematic study you will master scientific methods to optimise cellular function, regulate gene expression, and design public health education programmes — delivering precise and sustainable health solutions for individuals and communities.

“Genetics loads the gun; lifestyle pulls the trigger.”

Judith Stern

FIRST INTAKE

This is the first Phase 4 intake ANWA has ever run. The students who start on 24 January 2027 are the first cohort to complete the full Functional Nutrition & Wellness Mastery programme end to end.

What you will study

Three modules, the deepest in the programme: cell signalling, epigenetics, and the public health education work that takes functional nutrition beyond the individual.

MODULE

10

Advanced Applications of Functional Nutrition and Cell Signaling

How cells communicate, and how nutrition intervenes in that conversation — the scientific methods for optimising cellular function.

MODULE

11

Overview of Epigenetics and Functional Nutrition

Gene expression as something that responds to diet and environment, and what regulating it responsibly looks like in practice.

MODULE

12

Public Nutrition and Chronic Health Education

Designing public health education programmes: taking precise, sustainable nutrition from one household to a community.

Your place in the Mastery Loop

PHASE 1

Learn

PHASE 2

Apply

PHASE 3

Personalise

PHASE 4 · YOU

Integrate

Phase 4 is the integration phase of the FNWM Circular Mastery Loop. It joins the science of Phase 1, the application of Phase 2 and the personalisation of Phase 3 into practice you can take into public and professional work.

The full week-by-week outline is published before the course 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 Phase 4 takes you

- Work at the level of cellular function and gene expression, and explain what nutrition can and cannot do there.
- Design a public nutrition or chronic health education programme, not only a plan for one person.
- Complete Phases 1 to 4 and earn the FNWM Full Professional Certificate, Level 4.
- Practise in community health education, corporate wellness and professional functional nutrition, within your scope.

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

- **24 January 2027** — Phase 4 begins. 17 weeks, online.
- **Now** — Enrolment is open. Phases 1, 2 and 3 must be complete before Phase 4 starts.

Phase 4 is the one phase with a prerequisite: Phases 1, 2 and 3 must be complete. If you are working through the programme now, you can enrol in Phase 4 today and finish the earlier phases before January.

Phase 4 — Professional · ¥9,530

First intake begins 24 January 2027

Full programme, Phases 1 to 4: ¥24,210 until 10 October, then ¥25,999. Save ¥1,789.

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

Questions: support@anwa.org

Australia Nutrition & Wellness Association · anwa.org