



FNWM · FUNCTIONAL NUTRITION &amp; WELLNESS MASTERY · FOUNDING COHORT · AUTUMN 2026

# Welcome to Phase 3 — Advanced

Advanced Personalized Nutrition · Family-Centered Functional Nutrition

**STARTS****1 October 2026**

17 weeks · to 30 January 2027

**FORMAT****Online · Bilingual**

English and Chinese

**PRE-SALE PRICE****USD 1,100**

until 10 October 2026

## You are in the right place

Phase 3 is where functional nutrition stops being something you know and becomes something you do for the people who matter most. In this phase you learn to personalise nutrition for real individuals, families and communities, across every life stage and lifestyle, and you join a cohort of practitioners who are doing the same. You will be taught by ANWA's teaching team, you will finish with a certificate you can verify online, and you will be one step from the FNWM Full Professional Certificate.

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

Michael Pollan

**FOUNDING COHORT**

This is the first Phase 3 intake ANWA has ever run. The students who start on 1 October 2026 are its founding cohort, and that is a place nobody after you can take.

## What you will study

Phase 3 focuses on personalised, family-centred nutrition. You adapt functional nutrition strategies to different life stages, lifestyles and real family needs, then extend that knowledge into the community.

### MODULE

**7**

#### **Nutrition for Every Body, Every Stage, Every Lifestyle**

Personalising functional nutrition for children, adults and older adults, for pregnancy, athletic and sedentary lives, and for the constraints real households live with.

### MODULE

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#### **Your Nutrition Blueprint: From Guidelines to Personalized Success in Family Wellness**

Turning guidelines into a working plan for one family: assessment, priorities, a blueprint the household can actually follow, and how you review and adjust it.

### MODULE

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#### **Grassroot Nutrition Initiatives**

Taking what works for one family to many: designing and running small community nutrition initiatives with structure, ethics and measurable outcomes.

## Your place in the Mastery Loop

PHASE 1

**Learn**

PHASE 2

**Apply**

PHASE 3 · YOU

**Personalise**

PHASE 4

**Integrate**

Phase 3 is the personalisation phase of the FNWM Circular Mastery Loop: it turns practical application (Phase 2) into responsible personalisation for real individuals and families, and prepares you for scientific integration (Phase 4), with structure, ethics and real-world relevance throughout.

The full week-by-week outline is published before 1 October.

## 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](https://anwa.org/instructors)

## Where Phase 3 takes you

- Personalise functional nutrition for individuals and whole families, across life stages, with a method you can explain and defend.
- Build and run a family nutrition blueprint, then take it to small community and grassroots initiatives.
- Work with confidence in wellness coaching, corporate wellness, community health education and family-focused practice, within your professional scope.
- Qualify for Phase 4 — Professional, the integration phase. Complete Phases 1 to 4 and you earn the FNWM Full Professional Certificate, Level 4.

## A certificate you can stand behind

### Verifiable

Every ANWA certificate carries a code anyone can check at [anwa.org/verify](https://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

- **11 September 2026, 21:00 Beijing time** — Phase 3 enrolment opens.
- **1 October 2026** — Phase 3 begins. 17 weeks, online, to 30 January 2027.
- **10 October 2026** — Pre-sale pricing ends.

Phase 3 is open to anyone. You do not need to have completed Phase 1 or 2 to enrol, and you can add them at any time. Only Phase 4 requires the three phases before it.

### Phase 3 — Advanced · **USD 1,100**

Pre-sale price until 10 October 2026

**Full programme, Phases 1 to 4: USD 3,555 until 10 October, then USD 3,950. Save USD 395.**

**Enrol:** [www.anwa.org/enrol](https://www.anwa.org/enrol) · [www.anwa-cn.com/enrol](https://www.anwa-cn.com/enrol)

**Questions:** [support@anwa.org](mailto:support@anwa.org)

Australia Nutrition & Wellness Association · [anwa.org](https://anwa.org)