CANADIAN COLLEGE OF NATUROPATHIC MEDICINE
Educating naturopathic doctors in North America for over 45 years
Alumni Magazine Issue No. 33 — Fall / Winter 2025–2026

CCNM
CANADIAN COLLEGE OF NATUROPATHIC MEDICINE

Mind | Body | Spirit



Changemakers

Driving transformation in health care, public awareness, and student success

ALSO IN THIS ISSUE

Toronto and Boucher Class of 2025 | Association Insights | Interprofessional Framework | Honouring the Past | Investing in the Future

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Amidst a shifting health-care landscape, naturopathic doctors are finding their role in an expanding interprofessional framework.

Mind|Body|Spirit
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Editor in Chief
Simone Philogène

Managing Editor
Sana Abdullah

Contributors
Navina Bains
Jemma Jeong
Shellie Suter

Art direction & design
Bhandari & Plater Inc.

Please send your comments and story ideas to:
sabdullah@ccnm.edu

General inquiries
(416) 498-1255 ext. 243

For information about advertising in Mind|Body|Spirit:
advancement@ccnm.edu

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No. 40052173

Contact information:
Advancement office
1255 Sheppard Ave. E.
Toronto, ON, Canada M2K 1E2
Tel: (416) 498-1255
alumni@ccnm.edu
ccnm.edu

To update your contact information:
alumni@ccnm.edu

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Cover photo: Dr. Rahim Karim, President & CEO of CCNM, with CCNM – Toronto Class of 2025 graduate Zoe Rizhanovsky.



CCNM – Toronto Class of 2012 graduates Dr. Andrea Gri, ND, left, and Dr. Monique Aucoin, ND at Homecoming on April 5, 2025.

Message from the President

Each year, convocation offers us a moment to pause and reflect on the achievements of our newest graduates and the shared journey that defines our CCNM community.



In this issue, as we celebrate the theme of *Changemakers*, I am reminded of how aptly it captures the spirit of our alumni. Whether you are just stepping into clinical practice or have decades of experience, you belong to a movement that is elevating the future of health care in a purposeful, sustainable manner.

Voices of Leadership and Advocacy

On page 14, you will hear from three leaders representing the Ontario, British Columbia, and Canadian naturopathic organizations. Their insights underscore the critical role our alumni play in advancing systemic change and expanding access to naturopathic care across the country. I encourage you to stay connected – to your colleagues, CCNM, and your provincial and national associations that advocate for our profession. These relationships are more than professional affiliations; they are the foundation for collective progress and help navigate the challenges and opportunities ahead.

Strengthening Our Ties

Your engagement matters. As your careers develop, you may feel inspired to give back to CCNM. Opportunities to do so include participating in external clinical observation, fulfilling your continuing education requirements through CCNM, attending alumni homecoming events, or hosting a residency site. Being a donor, including creating scholarships, is an impactful and enduring way to support future naturopathic doctors. Discover how three CCNM graduates are investing in high-performing students who face financial difficulties on page 40.

As President & CEO, my focus has been clear: to ensure that CCNM and our graduates are not only present, but influential at the broader health-care table. Guided by our strategic 5P framework – which encompasses interconnected areas of growth in participation, planning, practice, programming, and partnership – we've made significant strides. We've launched interprofessional collaborations within the wider educational ecosystem, deepened our understanding of naturopathic therapies through groundbreaking research inquiry, and amplified our education voice in public policy discourse. These ongoing efforts open doors for CCNM graduates to be recognized as essential contributors to the evolving health-care landscape.

Changemakers in Action

The demand for compassionate, innovative, patient-centred care continues to grow, and our graduates are rising to address this need by practising clinical excellence and serving as changemakers within their communities.

Thank you for being part of this journey. Please know that CCNM is proud of you, and we remain steadfast in our commitment to walk alongside you every step of the way.



Dr. Rahim Karim
B.Sc., DC, MBA, CHE, ICD.D
President & CEO

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Written or published a book or article?

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CONTACT

Sana Abdullah, sabdullah@ccnm.edu
Managing Editor, *Mind I Body I Spirit*




CCNM
CANADIAN COLLEGE OF
NATUROPATHIC MEDICINE

Celebrating Achievement: Convocation 2025



CCNM – Boucher Class of 2025 Convocation
June 23, 2025, Anvil Performing Arts Theatre, New Westminster, British Columbia

BOUCHER CAMPUS

The convocation ceremony for the CCNM – Boucher Campus on June 23 celebrated our graduates and their inspiring dedication to the art and practice of naturopathic medicine.

The Anvil Centre in New Westminster, B.C., was once again the venue for this joyous occasion. With friends, mentors, and family looking on, our graduates marked the completion of their academic journey at CCNM with the recitation of the naturopathic oath. As they embark on the next stage of their career, they do so with a sense of pride, purpose, and a commitment to healing.

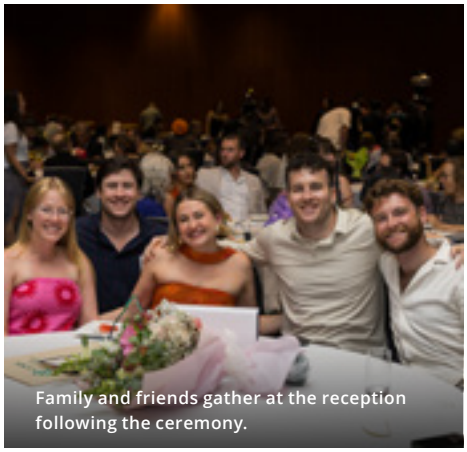
Congratulations to all our graduates. The future of health care is brighter with you in it.



President & CEO, Dr. Rahim Karim, delivers his address at the CCNM – Boucher Campus convocation ceremony.



Celebrating post convocation.



Family and friends gather at the reception following the ceremony.



Reid Wildeman, Director, Campus Operations and Academic Affairs, speaks at convocation.



The CCNM – Boucher Class of 2025 make their way to the Anvil Centre.



The CCNM – Boucher Class of 2025.



Dr. Rahim Karim, left, and Dr. David Duizer, ND, right, present the Governor's Award of Excellence to Madison Isenor.



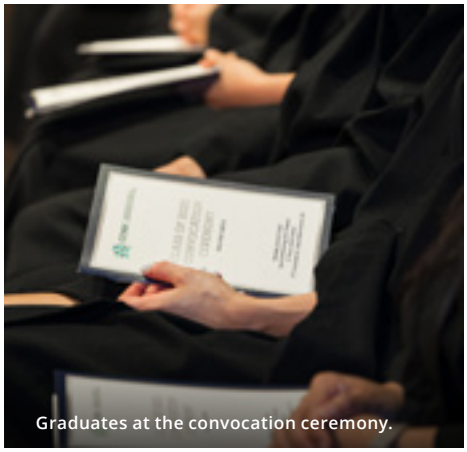
Dr. Rahim Karim presents the Clinical Excellence Award to Nicholas Blamey-Parsi.



Winner of the BNSA Community Spirit Award, Lauren Celine Rea, with friends and family.



Friends and family attend convocation at the Anvil Centre.



Graduates at the convocation ceremony.



Katherine Townsley, valedictorian of the CCNM – Boucher Class of 2025.



Graduate Christa Gavril with loved ones.



The CCNM – Boucher Class of 2025 recite the naturopathic oath.



The CCNM – Boucher Class of 2025 convocation ceremony.



L-R: Juliana Mannella, Marianne Noble, and Gbema Olutogun.





CCNM – BOUCHER CLASS OF 2025

Christina Allan
Madison Arnold
Aanchal Bajaj
Paniz Banki
Nick Blamey-Parsi
Maryna Byelkova
Cora Edgington
Elise Fair
Kate Fox
Christa Gavril
Dilpreet Gill
Harleen Gill
Madison Isenor
Kacey Kiesman
Monika Konieczka
Isabella Ledet
Juliana Mannella
Marianne Noble
Gbema Olutogun
Olivia Ponte
Shania Rados
Vidya Rana
Lauren Rea
Angelica Redbourn
Sasha Sirianni
Katherine Townsley
Emily Unterberger
Nathan Yuh-Min Wang
Draeden Watt
Chelsea Weinkauf
Chloe Yee
Jennifer Zhu

CCNM – Toronto Class of 2025 Convocation
May 22, 2025, Convocation Hall, Toronto, Ontario

TORONTO CAMPUS

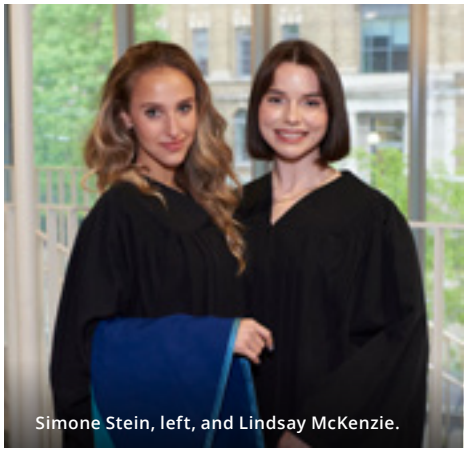
On May 22, 2025, the CCNM – Toronto Class of 2025 gathered in downtown Toronto to celebrate a milestone, years in the making.

As the largest graduating class in CCNM's history, each step across the stage was a testament to the recognition of the impact of naturopathic medicine across Canada and the transformative care NDs provide. To our graduates: you are entering a career path that will positively influence the health and well-being of countless communities across the globe, and we couldn't be prouder of the impact you will have.

Congratulations to the Class of 2025!


Mckenzie Piper, left, and Dorianne Paris.


Dr. Rahim Karim with Shannon Chandrasegaram.


Simone Stein, left, and Lindsay McKenzie.


L-R: CCNM staff and faculty members Dr. Nicole Henry, ND, Pouneh Kharabi, and Dr. Nick De Groot, ND (non-clinical).


The CCNM – Toronto Class of 2025 at Convocation Hall.


L-R: Graduates Shannon Chandrasegaram, Giani Adou, Carla Isadora Matos Sosa, Meera Suchdev, Ashley Lum, Shivangi Maheshwari, and Omayma Bouziane.


L-R: Dr. Rahim Karim, honorary degree recipient Shawn O'Reilly, and Vice Chair of CCNM's Board of Governors, Dr. Carol Morley, ND.



L-R: Dr. Rahim Karim, Dr. Brennan Dedecker, ND, and Dr. Jasmine Carino, ND (non-clinical).



L-R: Graduates Holly Astrom, Quinlan Palmer, and Dana Taylor.



Madelyn Cryer-Bili, valedictorian of the CCNM – Toronto Class of 2025.



The CCNM and NSA awards presented to graduates.



Siobhan Egan.



Dr. Nick De Groot, ND (non-clinical) hoods Sydney Lake.



The CCNM – Toronto Class of 2025 stands for the processional.



Emily Burt with loved ones.



Nicholas Stanley.



CCNM – TORONTO CLASS OF 2025

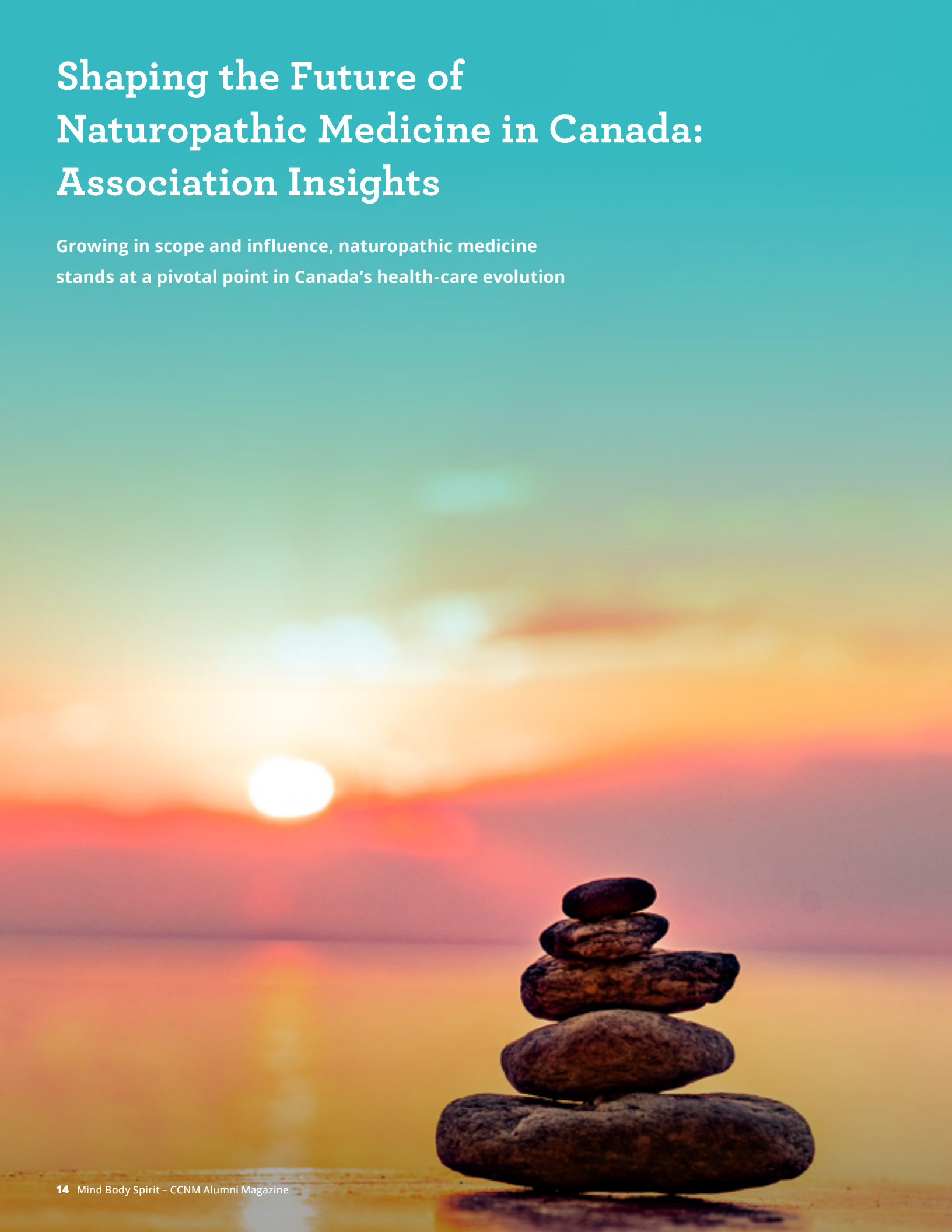
Shahnaz Abdalla Abdellatif
Giani Marianne Adou
Kaitlyn Aguiar
Alejandra Irene Albores Ibarra
Zainab Alhashimi
Noy Amsterdam
Royce Ando
Holly Ann Astrom
Harleen Kaur Atwal
Danaka Jacquelynne Bailey
Inthu Balaintharanathan
Heidi Sherisse Barrow
Kyle James Baxter
Saloua Ben Mouha
Lindsay Booker
Sarah Michelle Cushon Boulet
Omayma Bouziane
Megan Brousseau
Ariana E. Buccini
Emily Jane Burt
Samantha Leigh Catania
Paige Hailey Chambers
Shannon Ashanthi Chandrasegaram
Anastasia Chernykh
Lidija Marina Cikojevic
Raquel Margaret Cocquyt
Maria-Christina Conte
Madelyn Rosetta Cryer-Bili
Christine N. Darragh
Naisargi Pranav Dave
Tatiana Rae Di Paolo
Ashlyn Ann Dolbear
Paige Catherine Eansor
Emily Alice Earle
Vanessa Josephine Eedy
Siobhan Egan
Daniel Fairburn
Fatemeh Farahzad
Lauren Garback
Mohamed Gareiw
Victoria Madison Gasparini
Maha Ahmad Ghannoum
Jenna Christine Greco
Laura Marie Haig
Michelle C. Heighington
Samantha Helm
Anastasia M. Hill
Laura Elizabeth Hill
Zacarías Luciano Huicochea Grobet
Noble Inasu
Deanndra Tracy Jeanbaptiste
Nicole Jolliffe
Ava Kamali
Tasleem (Taz) Kassam-Fuller
Amy Kavanagh
Ali Keler
Emily Rose Kos
Sydney Madison Lake
Elizaveta Lapshina
Eun Jung Lee
Loreal Julie Ann Legare
Kayla Justine Linton
Emily Ann Lucchetta
Ashley Lum
Shayla Lyons
Shivangi Maheshwari
Mary Joyce Moncupa Malayba
Merika Annelise Mallaly
Michela Victoria Margiotta
Leah Christina Martin
Prudence Nyasha Masarirambi
Carla Isadora Matos Sosa
Mackenzie Forbes Mayers
Lindsay Elizabeth James McKenzie
Morgan Blair McWatters



Sarah Michelle Morse
Nour Abu Nafisa
Jessie Nusselder
Ruta Alexandra Odulak
Quinlan Lillian Marie Palmer
Dorianne Paris
Gyuri Park
Garima Parmar
Cristina Maria Pearce
Sarah Pearson-Legault
Gina Fernandes Peixoto
José Miguel Peralta Bordón
Madison Viola Peters
Vanessa Phillips
Giulia Piccoli
Paige Pieczonka
Mckenzie F. Piper
Alexandra Lauren Pockett
Daniel J. Pugliese
Shabnam Rahdar
Joanne Ford Reed
Zoe Rizhanovsky
Ava Sadat Sharify
Ranya Salih
Erica Emily Salisbury
Karina Samji
Savanna Sandhu
Sangave Sanmuganathan
Samira Sather
Daria Charlotte Schaff
Anis Shomali
Shahbaaz Singh
Maria Skvortsova
Nicole Smolenski
Nicholas Rondell Stanley
Bradley Gordon Steeves
Simone Stein
Ava Isobella Maria Sturm
Vijayalakshmi Subramaniam
Meera Suchdev
Andrea Sulyok-Cefan
Stephanie Anne Sutton
Nihat Suzergoz
Shereen Tamsen
Mariia Tanasyshyn
Gassia Tatikian
Alyx Mary Elizabeth Taylor
Ashley Anne Taylor
Dana Nicole Taylor
Christina Nicole Tersigni
Vilawan Thatayatikom
Ava Ruth-Elizabeth Thiessen
Asha M. Thurlow
Kendra Renee Tielemans
Skylar Payton Tierney
Jeanette Marie Titus
Ece Toprak
Diana Tran
Phuong Anh Tran
Apollonia Vano
Negin Vaziri
Alessandria Nicoletta Vescio
Julia Elisa Viveiros
Vladimir Viyuzhanin
(Sydney) Liangxinyi Wan
Sydney Alexandra Whitten
Natalie Wideman
Kyra Widenmaier
Meghan Rachel Anne Wild-Denys
Evianne Emerald Shontae Williams
Megan Dagelman Woroch
Nadezda Yakovleva
Fei Yi Yang
Eun Young Yang
Payman Yazdkhasti
Elham Zeininezhad Movassagh

Shaping the Future of Naturopathic Medicine in Canada: Association Insights

Growing in scope and influence, naturopathic medicine stands at a pivotal point in Canada's health-care evolution



CCNM spoke with three prominent figures who play key leadership roles in Canada's naturopathic professional organizations – Gemma Beierback, CEO of the Canadian Association of Naturopathic Doctors (CAND); Alix Arndt, CEO of British Columbia Naturopathic Doctors (BCND); and Jennifer Joseph, CEO of the Ontario Association of Naturopathic Doctors (OAND).

As the provinces that host CCNM's two campuses, Ontario and British Columbia are closely connected to the evolution of naturopathic medicine in Canada. The perspectives of their professional leaders offer a compelling glimpse into a future where naturopathic medicine is an integral component of health and wellness for all Canadians.

A Bright Future: Optimism and Opportunities

The leadership consensus is clear: societal shifts toward holistic, preventative care, combined with policy advances and new naturopathic doctors eager to innovate, set the stage for a promising future.

GEMMA BEIERBACK

Beierback believes naturopathic medicine is poised to solidify a more prominent role within Canada's health-care system. She observes that more Canadians continue seeking holistic and preventive health-care options, aligning naturally with naturopathic principles.

ALIX ARNDT

Arndt shares this enthusiasm, noting that increased awareness and acceptance are fueling hopes that the profession's core values – prevention, personalized care, and systemic health – will become central to mainstream health care. She highlights that the next generation of NDs, driven by innovation, will be crucial in building trust, expanding accessibility, and fostering deeper integration into health care. For Arndt, this signals a promising future for naturopathic medicine.

JENNIFER JOSEPH

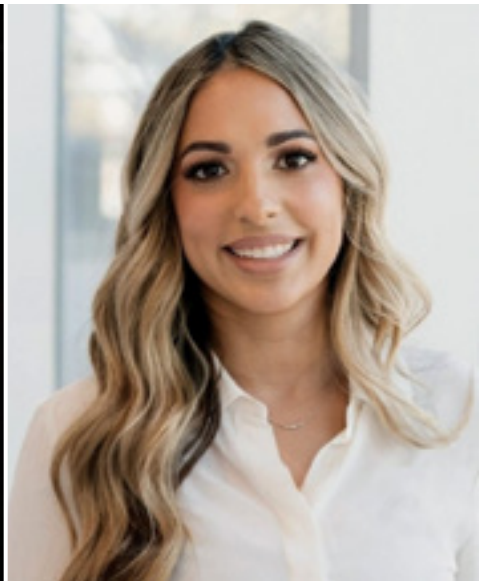
Joseph agrees, emphasizing that the foundation for growth is already strong. The shift toward holistic, patient-centred care is gaining momentum nationwide. She points out that policymakers are increasingly recognizing issues like chronic illnesses and health disparities – creating opportunities for NDs to contribute meaningfully. By engaging in systemic change, NDs can help shape Canada's health landscape, grounded in prevention and whole-person wellness.



Gemma Beierback, CEO of the Canadian Association of Naturopathic Doctors (CAND).



Alix Arndt, CEO of British Columbia Naturopathic Doctors (BCND).



Jennifer Joseph, CEO of the Ontario Association of Naturopathic Doctors (OAND).

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Naturopathic Doctors Ready for Systemic Change

NDs have built a strong foundation through dedicated service. Now, systemic change is key to advancing holistic health care and ensuring equitable access – bringing patient-centred care closer to reality for all Canadians. Further, continued collaboration between naturopathic doctors and other health-care professionals is essential.

GEMMA BEIERBACK

Beierback states how naturopathic doctors (NDs) are already making vital contributions to health care – especially in managing chronic diseases, supporting mental health, and promoting long-term wellness. NDs are filling crucial gaps by serving underserved populations and collaborating with other health-care providers to enhance patient outcomes.

The challenge isn't just about what services NDs offer, however – it's about systemic change. Beierback advocates for a shift toward a health-care system where naturopathic medicine is recognized as a core component, making Canadian health services more holistic, patient-centred, and accessible.

ALIX ARNDT

Similarly, Arndt highlights that NDs are already delivering essential preventive and mental health services, especially in rural, Indigenous, and underserved communities where access to comprehensive care remains limited. She underscores the importance of regulatory reforms, such as expanding prescribing rights and diagnostics, to empower naturopathic doctors and further health-care equity. For Arndt, integrating NDs more fully into primary care teams is a pivotal step toward closing gaps in access and ensuring that quality care reaches those who need it.

JENNIFER JOSEPH

Joseph echoes these sentiments, highlighting NDs' significant contributions to addressing long-term health, wellness, and mental health concerns. To reach their full potential, systemic support – policy reforms, recognition, and funding – is necessary. Joseph envisions a future where NDs are integral members of health-care teams across hospitals, clinics, and community settings, helping to reduce disparities and foster preventive, sustainable health-care solutions.

CANADIAN ASSOCIATION OF NATUROPATHIC DOCTORS (CAND)

CAND prioritizes collaboration through regular monthly meetings with provincial counterparts like OAND and BCND. This consistent dialogue fosters mutual respect and coordinated efforts across jurisdictions. CAND's focus includes regulation, scope expansion, and public awareness. This fall, it will launch a revamped Canadian National Coordinating Council (CNCC) – a platform to address shared challenges and unlock opportunities.

CAND 2025–2028 strategic plan:

- **Member Support:** Launching new practice tools and resources.
- **Collaboration & Recognition:** Building partnerships that position naturopathic medicine as a trusted health sector leader.
- **Effective Advocacy:** Campaigns like Naturopathic Medicine Week and a national government relations day.
- **Foundation Building:** Strengthening governance and operational capacity with dedicated staff and a proactive Board.

cand.ca



Strong Professional Collaboration is Key

Successful collaboration in health care requires respect, clear communication, and a shared commitment to integrated, patient-centred care. Such partnerships are already shaping a more cohesive and effective health system that benefits health-care professionals and the communities they serve.

GEMMA BEIERBACK

Beierback emphasizes that collaboration thrives on mutual respect and a shared goal of improving health outcomes. NDs offer a unique perspective focused on prevention, long-term wellness, and context, all of which complement the expertise of other health-care providers. Successful collaboration depends on open communication, clear role definition, and a willingness to listen and adapt – recognizing each profession's contribution without unnecessary overlap or duplication of efforts.

ALIX ARNDT

Arndt echoes this, underscoring that respectful partnerships rooted in a shared vision of better care are essential. She emphasizes that each profession should bring its strengths to the patient, fostering a team environment where diverse approaches work for patient benefit.

JENNIFER JOSEPH

Joseph adds that professionalism, evidence-informed practice, and mutual respect are vital. She points to ongoing dialogues with organizations like the Ontario Medical Association, the Ontario Pharmacists Association, and the Registered Nurses' Association of Ontario to exemplify how open communication builds trust, strengthens interprofessional relationships, and improves patient outcomes.

BRITISH COLUMBIA NATUROPATHIC DOCTORS (BCND)

BCND's strategic goals include advocating for inclusion in publicly funded health programs, broadening the scope of practice, and elevating public understanding. It works closely with CAND and other provincial bodies on issues like insurance coverage and regulatory harmonization, which strengthen the collective voice of the profession. Its aligned efforts ensure that naturopathic medicine becomes more accessible and integrated into the health system.

BCND priorities:

- **Policy Advocacy:** Securing recognition within public health systems.
- **Member Development:** Offering professional development and mentorship programs.
- **Public & Community Outreach:** Raising awareness across diverse communities and stakeholder groups.

bcnd.ca



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Guidance for Emerging NDs

For aspiring naturopathic doctors, authentic engagement, lifelong learning, and maintaining balance are key to success.

GEMMA BEIERBACK

Beierback encourages students to follow their passions and prioritize meaningful relationships – whether with patients, colleagues, or the community. She advises honing clinical skills, staying curious, and seeking mentorship. More importantly, she reminds students that success is a marathon; aligning practice with personal values sustains long-term fulfillment.

ALIX ARNDT

Arndt advocates for a comprehensive approach to professional development, emphasizing the importance of deeply understanding patient needs and committing to lifelong learning. She highlights that developing business skills alongside clinical expertise is vital for a practice that is both sustainable and rewarding. Arndt suggests engaging with professional associations and seeking mentorship as key strategies for growth and resilience, recognizing that these connections are vital for navigating challenges and advancing in the profession.

JENNIFER JOSEPH

Joseph emphasizes relationship-building and integrity. She encourages students to explore different practice areas, find their niche, and pursue what genuinely inspires them. She also underscores the importance of personal well-being, believing that a balanced life is essential for a sustainable, fulfilling career. For Joseph, authentic care and passion are the qualities that will distinguish practitioners in a competitive landscape, reinforcing that success comes from aligning personal values with professional pursuits.

Looking ahead, the future of naturopathic medicine in Canada is bright. Through advocacy, collaboration, and dedicated practitioners, we can elevate holistic, patient-centred care – transforming health outcomes and well-being for all Canadians.

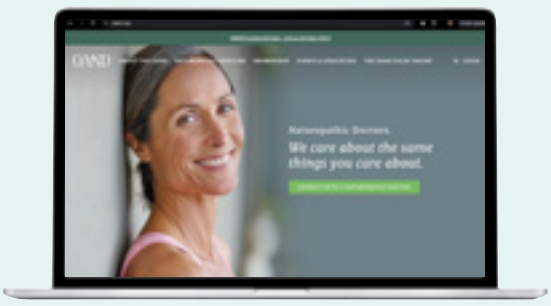
ONTARIO ASSOCIATION OF NATUROPATHIC DOCTORS (OAND)

OAND focuses on expanding scope – such as prescribing rights – and ensuring NDs receive recognition as key health-care providers. Collaboration with CAND amplifies its advocacy efforts, influencing policy reforms and improving access for Ontarians. Its vision is for naturopathic medicine to be a seamless part of Canada's health-care system.

OAND key goals:

- **Scope & Regulation:** Advocating for modernization and expanded prescriptive rights.
- **Public Engagement:** Increasing awareness about the value of naturopathic practitioners.
- **Member Support:** Guiding through regulatory changes and fostering local leadership.
- **Diversity & Inclusion:** Promoting equity across communities.

oand.org



MEET OUR ASSOCIATION LEADERS

Gemma Beierback



Gemma Beierback's journey to the CAND leadership started in real estate, where managing diverse departments sparked her passion for not-for-profit work. Her pursuit of the Certified Association Executive (CAE) designation unveiled her talent for leading teams, and she joined CAND in 2024.

"Be proud of the unique perspective you bring. Canada offers many opportunities – identify where you can make the most impact. Connect early with your peers, mentors, and professional associations; these relationships will support your growth and leadership in the profession."

Alix Arndt



With roots in political science and systems change, Alix Arndt's early career supported health organizations through policy and strategic initiatives, leading her to the BCND. Her leadership at the Canadian Interprofessional Health Collaborative sharpened her focus on team-based, patient-centred care – a core philosophy she advocates for naturopathic doctors.

"Embrace your journey with curiosity and authenticity. Your diverse backgrounds and perspectives are vital to the evolution of naturopathic medicine. Get involved, advocate for your future practice, and actively shape the profession's trajectory."

Jennifer Joseph



With extensive experience leading community and health organizations, Jennifer Joseph's dedication to OAND reinforces her passion for natural wellness and advocacy. She joined OAND during a historic year. This year (2025) marks OAND's 75th anniversary and the 100th year of regulated naturopathic medicine in Ontario.

"Remember why you chose this path – your dedication to holistic, patient-centred care. Use your time at CCNM to develop your skills, forge meaningful relationships, and understand your role as a regulated health professional. Your voice matters – and your commitment can influence the future of health care in Canada."

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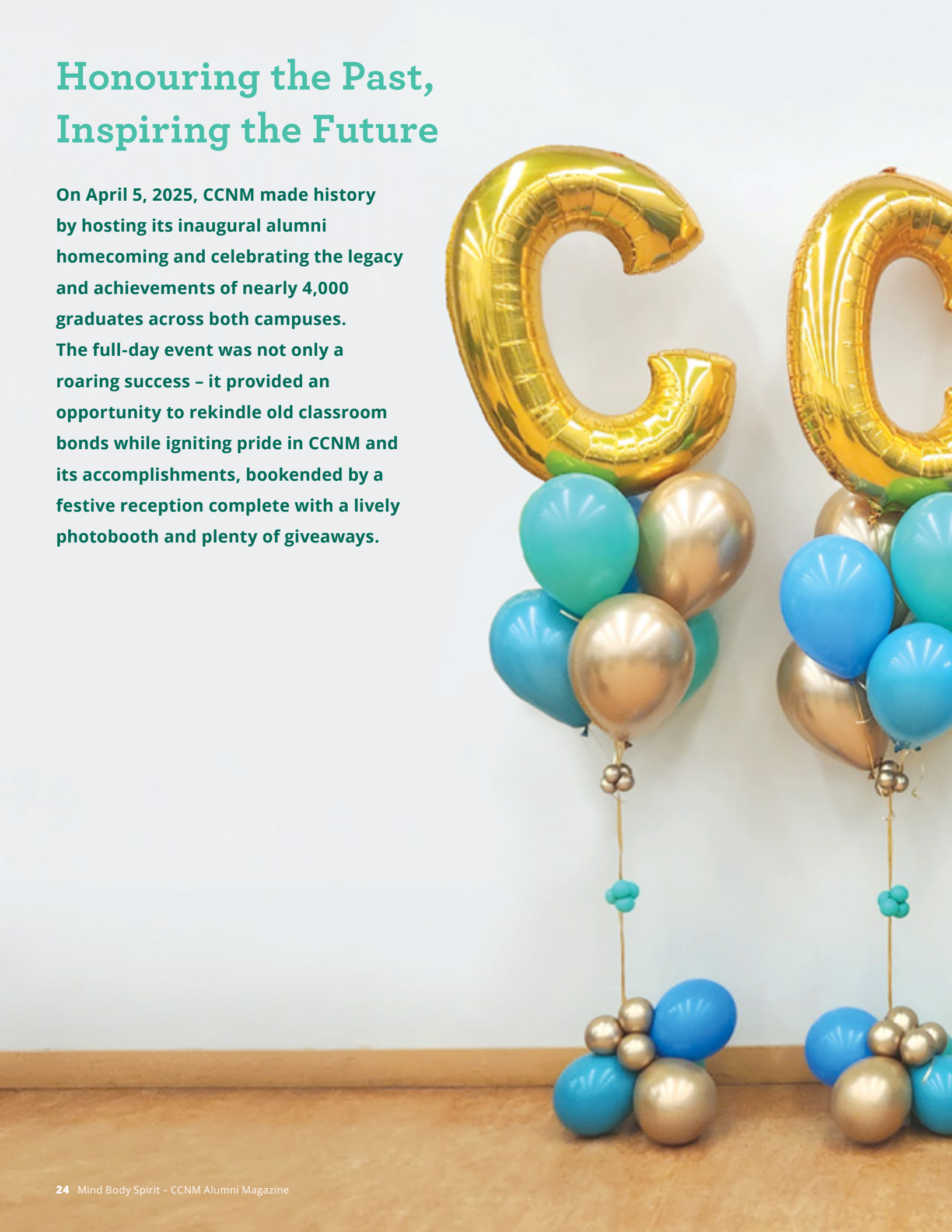
Honouring the Past, Inspiring the Future

On April 5, 2025, CCNM made history by hosting its inaugural alumni homecoming and celebrating the legacy and achievements of nearly 4,000 graduates across both campuses. The full-day event was not only a roaring success – it provided an opportunity to rekindle old classroom bonds while igniting pride in CCNM and its accomplishments, bookended by a festive reception complete with a lively photobooth and plenty of giveaways.





Continuing education was a key component of the day, as three CCNM faculty members delivered presentations on pertinent topics. Among the presenters was Dr. Paul Saunders, ND (CCNM – Toronto Class of 1990), a beloved figure at the Toronto Campus for nearly four decades. With an unparalleled knowledge base in botanical medicine and a zest for lifelong learning, Dr. Saunders brought rich clinical insight and his signature affable teaching style to the occasion.

His talk, "Estrogenic: Review of a Misused Word," analyzed the mislabeling and oversimplification of the term "estrogenic" and examined how various plants and nutrients actually interact with estrogen in the body. When asked how he came up with the topic, Dr. Saunders describes a casual but meaningful conversation with colleagues.

"I was approached by Dr. Sasha Tahiliani, ND (CCNM – Toronto Class of 2004; Program Manager, Continuing Education) and we tossed around some ideas. Then, two former graduates suggested I do a talk on herbs and estrogen, and Sasha agreed. I ended up dedicating the presentation to both of those people."

Homecoming garnered an impressive turnout, creating what Dr. Saunders called "a good, positive energy." For him, combining the networking and celebratory aspects with meaningful continuing education content were the primary draws.

"I think if you have something that the community likes and appreciates, they're willing to show up. And if the CE is fresh and clinically relevant, then that will attract people as well."

During the reception, Dr. Saunders reunited with several of his fellow classmates and enjoyed CCNM President & CEO Rahim Karim's introduction to the different graduating years.

"I think if you have something that the community likes and appreciates, they're willing to show up. And if the CE is fresh and clinically relevant, then that will attract people as well."

Dr. Paul Saunders, ND (CCNM – Toronto Class of 1990) in conversation with Dr. Kieran Cooley, ND (non-clinical) (CCNM – Toronto Class of 2003).





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> "I've spent a lot of time in school. It's important to be on top of developments and continuing education because you always get new patients and new cases. Medicine changes and we need to keep up with that. I read the literature all the time and send my students four or five articles a week."
>
> **Dr. Paul Saunders, ND**
> **(CCNM – Toronto Class of 1990)**

Looking forward, he hopes for more alumni engagement of this nature and underscores CCNM's vital role in spreading awareness of naturopathic medicine, especially as the profession commemorates 100 years of regulation in the province of Ontario.

Dr. Saunders obtained a Master of Science in forestry from Purdue University, followed by a PhD in botany and forest ecology from Duke University. He spent the next 10 years immersed in academia, teaching and conducting research. His path then shifted toward naturopathic medicine, beginning with his initial ND training at the Canadian College of Naturopathic Medicine (formerly the Ontario College of Naturopathic Medicine). He later earned a second ND and completed a residency in homeopathic medicine at the National University of Natural Medicine (formerly the National College of Naturopathic Medicine) in Portland, Oregon. At CCNM, Dr. Saunders has held several roles – including clinic supervisor, professor, and clinic director – and carries a therapeutic intuition and institutional knowledge that continues to benefit the development of future naturopathic doctors.

"I've spent a lot of time in school," he says. "It's important to be on top of developments and continuing education because you always get new patients and new cases. Medicine changes and we need to keep up with that. I read the literature all the time and send my students four or five articles a week.

"Oncology is a big part of my practice," he adds. "In the last 10 years, there have been hundreds of new drugs and I have to know the mechanism of how they interact with patients. CE and daily reading are absolutely critical to offering the best patient care. I'm very much a believer of that."

Events such as Homecoming allow alumni to come together in a familiar, learner-centric space that invites both reconnection and critical thought. As the naturopathic community flourishes across the country, voices like Dr. Saunders' serve as a reminder that advancing the profession can often be a collective – and enjoyable – commitment.



HOMECOMING: NUMBERS AT A GLANCE

3
CE sessions with keynote lecture and breakout sessions at CCNM

100
Nearly 100 alumni, in addition to sponsors, friends, and staff in attendance

31
Class years represented (ranging from the Class of 1982 to the Class of 2024). Includes:
- **Ten who graduated between 25–34 years ago**
- **Six who graduated more than 35 years ago**

2012
Class year with the highest attendance

3
Provinces represented: Ontario, Quebec, and British Columbia

100
Years of regulation in Ontario, as of 2025

89
Years of regulation in British Columbia, as of 2025

Creating a Culture of Reunion

The seed for Homecoming was planted in April 2024, when the advancement team surveyed alumni to ascertain the types of interaction they deemed valuable from the College. The results were clear – reconnection was at the top of the list, along with increased continuing education and networking prospects.

"We realized that alumni were craving a chance to see their classmates, even going so far as to organize reunions outside of CCNM. Many alumni also hadn't returned to the campus since graduating, or even visited with faculty, so we wanted to change that," says Erin Morawetz, Manager, Advancement and Alumni Engagement.

The preparation for an alumni engagement event began in July. Guided by survey feedback, a program began to materialize and incorporated an extended continuing education symposium coupled with opportunities to revive old connections and form new ones.

Alumni Homecoming, held on the first Saturday of April 2025, certainly delivered on that initial planning. In addition to the wealth of knowledge shared by CCNM faculty in the keynote and breakout sessions, the day included a healthy snack bar with protein smoothies, a mocktail station, a photobooth, an evening reception, and guided tours of the Schad Naturopathic Clinic, led by Dr. Brennan Dedecker, ND (CCNM – Class of 2022), and the CCNM Integrative Cancer Clinic, led by Dr. Elise Hoffman, ND (CCNM – Toronto Class of 2014).

"Alumni were so excited to be back at the College and see their old friends and favourite instructors after such a long time," recalls Morawetz. "I heard a lot of, 'I haven't seen you since graduation!' The range of graduating years that attended was vast and included some of CCNM's earliest grads. Watching everyone connecting was beautiful."

In October, the College celebrated the 25th anniversary of the CCNM – Boucher Campus with an afternoon tour of the school grounds, unveiling of a new donor wall, and a cocktail reception at a local favourite in New Westminster, B.C. Going forward, alumni can expect one engagement event per academic year, rotating between campuses and welcoming graduates from every cohort.

But alumni don't have to wait until the next Homecoming to reconnect. The College's doors are always open to catch up with faculty or simply walk familiar hallways.

"We love when alumni visit – we always look forward to seeing you and showing you around the College."

To get in contact with the alumni department, please email alumni@ccnm.edu.

> "Alumni were so excited to be back at the College and see their old friends and favourite instructors after such a long time. I heard a lot of, 'I haven't seen you since graduation!'"
>
> **Erin Morawetz**
> **Manager, Advancement and Alumni Engagement**



All alumni who attended the keynote and breakout sessions at the Canadian College of Naturopathic Medicine Homecoming qualified to receive continuing education credits.



Dr. Monique Aucoin, ND

KEYNOTE SPEAKER

Navigating Conflicting Evidence in a Time of Abundant Information

Presenter: Dr. Monique Aucoin, ND

We are surrounded by an abundance of health-related information – but what do we do when some of that evidence is conflicting? In this course, attendees considered the definition and purpose of evidence-informed practice (EIP). They reviewed the position of each study type on the hierarchy of evidence and considered the design, strengths, limitations, and possible sources of bias for each study type. They practised searching for high-quality evidence using efficient strategies and discussed the application of EIP to naturopathic medicine.

BREAKOUT SESSIONS



Dr. Elise Hoffman, ND

Oncology Nutrition: Using Clinical Nutrition to Support People with Cancer

Presenter: Dr. Elise Hoffman, ND

Cancer is now the leading cause of death in Canada but 40 per cent of cancers are considered preventable. Diet and nutrition play an important role in cancer prevention and support, both during and after cancer treatments, yet there is still a lot of confusion and misinformation as to what is the best nutritional approach. This talk reviewed the available evidence and discuss how to use diet and nutrition to help support people with cancer.



Dr. Paul Saunders, ND

Estrogenic: Review of a Misused Word

Presenter: Dr. Paul Saunders, ND

Estrogenic, coined in 1930, is a word with multiple meanings, from estrogen promotion to estrogen blocking. Typically, conventional medicine lumps these meanings altogether as estrogen promoting and orders patients with estrogen positive tumors to avoid all botanicals and supplements they view as estrogen promoting. Artificial intelligence creates long lists of 'estrogen' substances and states they are estrogen promoters. This review examined one such list and reviewed the science behind botanical and nutritional substances inappropriately labeled.



Dr. Rahim Karim with Homecoming sponsors.



The Homecoming reception.



CCNM – Toronto Class of 2017 graduates Dr. Mallory Harris, ND, left, and Dr. Janice Wu, ND.



L-R: Dr. Patricia Rennie, ND (CCNM – Toronto Class of 1992), Dr. Rahim Karim, and Dr. Dugald Seely, ND (CCNM – Toronto Class of 2003).



Dr. Rahim Karim, centre, with some of CCNM's earliest graduates.



Posing for a selfie at CCNM's Homecoming reception.

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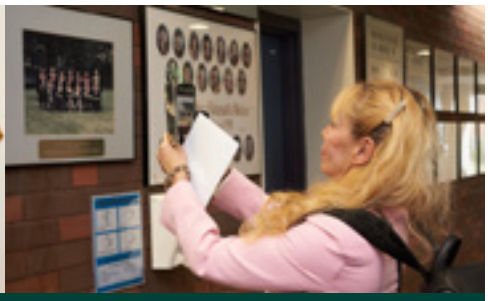
Fun at the Homecoming photobooth.



Asante Vokwana, Coordinator Advancement, left, with Dr. Nick De Groot, ND (non-clinical), Dean of CCNM.



Dr. Joel Villeneuve, ND (CCNM – Toronto Class of 1991) snaps a photo of alumni hall.



L-R: Dr. Verna Hunt, ND (CCNM – Toronto Class of 1982), Dr. Iva Lloyd ND (CCNM – Toronto Class of 2002), Dr. Penny Kendall-Reed, ND (CCNM – Toronto Class of 1997), and Dr. Rahim Karim.



The College hosts its first Homecoming event at the CCNM – Toronto Campus.



The mocktail station at Homecoming.

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Changemakers

Dr. Greg Nasmith, ND (inactive), and colleagues expand the role of naturopathic medicine in an interprofessional framework



Dr. Greg Nasmith, ND (inactive), (CCNM – Toronto Class of 2019)

In recent years, the landscape of primary health care has faced unprecedented challenges in Canada, including a decline in the number of physicians, an aging population, and growing demands for comprehensive and accessible care. Addressing these issues has catalyzed innovative approaches, including fostering stronger interprofessional collaborations among diverse health-care providers.

Among these efforts, the Team Primary Care Initiative[1], stands out as a landmark initiative in Canada to transform primary care delivery through concerted inter-professional engagement. Central to this movement is an emphasis on understanding and integrating various health disciplines, including naturopathic medicine, into a cohesive patient-centred team.

Team-Based Primary Care

The Team Primary Care initiative, launched in 2024, was a response to the escalating primary care crisis, characterized by an overstretched health-care workforce that often operates in silos.

Part of the initiative was the creation of the Interprofessional Collaborative Table (ICT) to facilitate the sharing and alignment of curricula among various practitioners to promote team-based primary care through a better understanding of each other's roles and contributions.

This resulted in collaboration among more than 20 health-care disciplines, including family physicians, nurses, dietitians, occupational therapists, and social workers. Recognizing the unique contributions of NDs within this landscape, the project contacted

> "Naturopathic doctors are well-positioned to strengthen team-based care through interprofessional collaboration and creating new opportunities to enhance patient outcomes."
>
> **Dr. Rahim Karim, President & CEO of CCNM**

[1] Team Primary Care was an initiative of the Foundation for Advancing Family Medicine, co-led by the College of Family Physicians of Canada and the Canadian Health Workforce Network funded by the Government of Canada's Sectoral Workforce Solutions.



> "Many NDs have dedicated years to advancing their role in primary care. This project elevated those efforts, providing a more formalized framework to support policy development and advocacy."
>
> **Dr. Greg Nasmith, ND (inactive) (CCNM – Toronto Class of 2019)**

CCNM and the Canadian Association of Naturopathic Doctors (CAND) to join the ICT. CCNM – Toronto Class of 2019 graduate Dr. Greg Nasmith, ND (inactive) consulted on the project.

In Nasmith's view, "Many NDs have dedicated years to advancing our role in primary care. This project elevated those efforts, providing a more formalized framework to support policy development and advocacy."

A key outcome from the ICT was the creation of a comprehensive Compendium of Roles in Team-Based Primary Care, published in April 2025. Effective team-based primary care depends on a shared understanding of each member's role across diverse professions. Many providers, however, lack awareness of the education, training, and regulated scopes of practice of their colleagues, hindering optimal collaboration. The Compendium details the professional parameters for each discipline, serving as a toolkit for health-care providers and advocates working toward integrated, patient-centred models of care.

For NDs, the findings in this inclusive document emphasize the expertise naturopathic practitioners bring, especially in preventative care, holistic treatment modalities, and patient education.

Naturopathic Medicine in the Health-care System

The Compendium highlights the ability of NDs to work within multidisciplinary teams – particularly in integrative and

The Team Primary Care initiative led to the creation of the Interprofessional Collaborative Table (ICT) to facilitate the sharing and alignment of curricula among various practitioners, including:

- Audiologists
- Chiropractors
- Clinical Assistants
- Community Health Workers
- Dietitians
- Family Physicians
- Indigenous Healers
- Massage Therapists
- Medical Laboratory Technologists
- Medical Radiation Technologists
- Midwives
- **Naturopathic Doctors**
- Nurse Practitioners
- Occupational Therapists
- Optometrists
- Oral Health Practitioners
- Paramedics
- Pharmacists
- Physician Assistants
- Physiotherapists
- Primary Care Nurses
- Psychologists
- Respiratory Therapists
- Social Workers
- Speech Language Pathologists



Reprinted with permission from Team Primary Care.
Source: www.teamprimarycare.ca/ip-collaborative-table

holistic patient-care models – and underscores the importance of mutual understanding among providers.

The publication of this resource presents a strategic opportunity for the profession to better articulate its value proposition to policymakers, educators, and other health-care stakeholders. By demonstrating how naturopathic care complements conventional medicine, especially in addressing chronic conditions, lifestyle management, and preventative health, NDs can position themselves as vital contributors to primary care.

Educational Initiatives

One of the most promising aspects of this project is its potential to influence the education of future naturopathic doctors. At CCNM, curriculum developers are integrating principles from the Compendium into core training modules, fostering interprofessional understanding as part of a student's education.

By introducing the roles of other providers, promoting the benefits of evidence-based practice, and focusing on classroom collaboration, students graduate with the necessary skillset and proficiency to emerge as competent clinicians and proactive team players. This approach aligns with recent trends highlighting interprofessional education as a cornerstone of health-care training – a strategy shown to improve cooperation amongst medical practitioners, leading to enriched patient outcomes.

> The Compendium of Roles in Team-Based Primary Care outlines the education, training, and regulated scopes of practice for each profession, serving as a toolkit for health-care providers and advocates working toward integrated, patient-centred models of care.



The Compendium of Roles in Team-Based Primary Care highlights the ability of NDs to work within multidisciplinary teams.

The following individuals participated in the creation of the Naturopathic Doctors section of the *Compendium of Roles in Primary Care*:

Authors:
Nick De Groot, Garrett Bramall, Greg Nasmith, Shawn O'Reilly

Contributors:
Deborah Phair, Iva Lloyd, Jessica Carfagnini, Johanne McCarthy, Jonathan Tokiwa, Louise McCrindle, Mark Fontes, Robyn Stanley, Zeynep Uraz

"I encourage CCNM students and graduates to become familiar with what other health-care professionals offer patients; no one profession can do it all," says Nasmith. "NDs have a unique and valuable role in the spectrum of health-care providers, and there are other providers that can do some things better. Educating ourselves on the available resources is the first step toward effective collaboration. Resources such as the Compendium can ultimately ensure patients receive the best care possible."

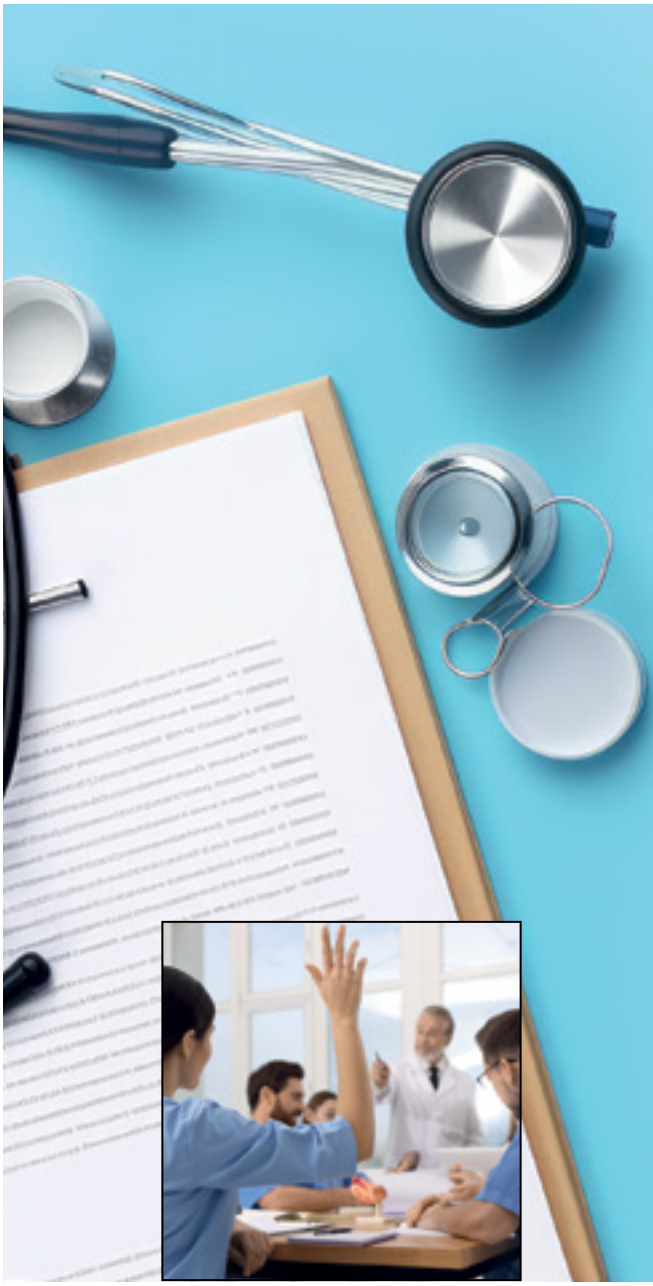
The Path Forward

The broader strategic goal is to elevate naturopathic medicine to an accessible, broadly recognized component of primary care. As awareness grows – fueled by an enhanced understanding of the benefits of integrative care – it may become feasible to consider discussing the merits of including NDs within publicly funded health care.

This shift would not only improve patient access but also enable more seamless communication among providers, ultimately promoting better health outcomes. Given the current strains on the health system, engaging policymakers and demonstrating the value of NDs is paramount.

> "I encourage CCNM students and graduates to become familiar with what other health-care professionals offer patients; no one profession can do it all."
>
> **Dr. Greg Nasmith, ND (inactive) (CCNM – Toronto Class of 2019)**





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> ***Saima Khawaja, MD***
> Columbus, OH, USA

CEDH

Investing in the Future of Naturopathic Medicine

CCNM alumni are supporting student success – one scholarship at a time



At CCNM, alumni-funded scholarships and bursaries for students is more than tradition – it is an enduring commitment to ease the financial burden for students and ensures the continued growth of the profession they helped build.

These contributions assist in shaping the culture of generosity and community that defines CCNM. And for students, scholarships and bursaries can offer much-needed tuition relief and boost their chances of academic success when they need it most.

A Legacy of Leadership

For Dr. Colleen McQuarrie, ND, funding a bursary at CCNM represents a broader commitment to evolving the field of naturopathic medicine – an area she's helped shape since her own graduation. As the profession welcomes a new batch of graduates each year, investing in student success becomes essential to supporting that increased visibility and momentum.

Dr. McQuarrie's involvement with the College stretches back to the mid-2000s. After graduating from the CCNM – Toronto Campus in 2002, she settled in Ottawa, Ontario and founded the Ottawa Integrative Health Centre two years later. She then joined CCNM's Program Advisory Committee in 2006, followed by the Board of Governors in 2010, where she served in multiple roles leading to her appointment as Chair in 2016.

Having a direct window into curriculum development and organizational management has provided Dr. McQuarrie with a unique perspective on student life and the financial hurdles faced by those pursuing higher education. To that end, she began providing an annual donation, which eventually morphed into the Ottawa Integrative Health Centre Bursary for the Year 1 January intake.

"I hope it provides a much-needed boost and creates excitement for the students who are at the beginning of their naturopathic studies," she says of the bursary. "I was part of the January intake, and our group was tight-knit, always sharing notes and supporting one another. Helping CCNM students is a great way to give back – and it lifts us all up at the same time."

Her dedication to nurturing the next generation of naturopathic doctors extends beyond the bursary: "At least 100 students have come through my clinic to preceptor," she says. Offering this hands-on form of mentorship reflects not only her vision of advancing the profession, but also her recognition of the surging impact of naturopathic care.

"Patients know we have a lot to offer and are looking for support they can't access elsewhere," she says. "As awareness and acceptance of naturopathic medicine continues to increase, so too does the need for skilled, well-trained graduates. Providing a bursary is a tangible way to invest in the profession's future and ensure students have the opportunity to meet this growing demand."

Through every chapter of her involvement with CCNM, from governance to giving, Dr. McQuarrie remains deeply appreciative of her connection to the College. "I'm grateful to CCNM and for belonging to such a wonderful and fulfilling profession," she says.

"As awareness and acceptance of naturopathic medicine continues to increase, so too does the need for skilled, well-trained graduates. Providing a bursary is a tangible way to invest in the profession's future and ensure students have the opportunity to meet this growing demand."

Dr. Colleen McQuarrie, ND
(CCNM – Toronto Class of 2002)



A Ripple Effect of Giving

Dr. Noya Madadi, ND, a 2018 graduate of the CCNM – Boucher Campus, understands the role of resiliency and perseverance in achieving one's goals. As a student experiencing periods of financial strain and uncertainty, it was these attributes that enabled her to stay focused in her final year, complete her studies, and build the foundation for a career rooted in compassion, empathy, and giving back.

Through the creation of the Caviar Skin Clinic Scholarship for Women in Leadership, Dr. Madadi seeks to uplift fourth-year CCNM students who are navigating the same monetary hardships that she once faced. "Some of my peers returned to the Boucher Campus and became teaching assistants or professors," she says. "But I always knew I wanted to contribute with a scholarship. I've always felt a calling toward that."

Today, Dr. Madadi owns and operates two thriving clinics in British Columbia's Lower Mainland region – the flagship one in Yaletown, opened during the onset of the COVID-19 pandemic in 2020, and the second location in White Rock, launched in the summer of 2025. Due to increasing demand for her naturopathic approach to aesthetics and skin health, she also introduced a pop-up in Victoria.

Her ongoing success reflects the same grit and determination that carried her through school. But that drive began early, long before CCNM and clinic ownership.

Raised by a single mother who instilled in her the importance of education, Dr. Madadi completed her undergraduate degree in health sciences at Simon Fraser University. Initially on track to becoming an MD, she discovered holistic care after a friend recommended visiting a Vancouver-based ND for food sensitivity testing. The results surprised her – her lifelong eczema nearly disappeared, and she became fascinated by the connection between physical symptoms and emotional wellness.

Having found her life's work, Dr. Madadi applied to the CCNM – Boucher Campus shortly thereafter and received admission. What she didn't expect, however, were the compounding financial realities: shrinking limits on bank loans and student lines of credit, mounting expenses, and the pressure to find employment while maintaining a rigorous academic schedule.

"I didn't want to withdraw from the program, so I decided to push through, no matter what," she says. "I worked seven days a week – including nights and weekends – and at one point worked two jobs. It was exhausting, but I knew I was going to make it and be successful because I was going to do whatever I could not to be in this position again."

The desire to create a scholarship was sparked from those moments. She wanted to support students who, like her, were near the finish line but struggling under the weight of debt and fatigue. "I remember owing $30,000 when I walked across the stage," she says. "Even a few thousand dollars at that point would've made all the difference."

She credits former student counselor James Lowe and former faculty member Dr. Bob Van Horlick, ND, for their support, especially during her last year of the program. "They were my greatest mentors," she says. "James helped me articulate and untangle all the stress, and Dr. Bob took it to the next level. He really changed the trajectory of my life, and I'll forever feel grateful for his influence."

The leadership aspect of the scholarship honours that support while also reflecting Dr. Madadi's personal and professional values.

"At Caviar Skin Clinic, we are all about empowering women internally and externally with our cosmetic procedures," she says. "Patients trust my staff with

> "I know what it's like to earn minimum wage, just so I can make whatever I can to finish. With the scholarship, I want students to feel supported – and when they're established and able, to give back in their own way."
>
> **Dr. Noya Madadi, ND**
> **(CCNM – Toronto Class of 2018)**



their care and it's such a privilege that they choose to come to us.

"For people like me that want to open a clinic, who are more independent and don't have family to lean on – I see these NDs and students as leaders because you learn so many useful skills when you're in that survival position. So, in a way, we're all leaders, whether we view ourselves that way after school or not."

Through the scholarship, she hopes to create a ripple effect. "I know what it's like to earn minimum wage, just so I can make whatever I can to finish. With the scholarship, I want students to feel supported – and when they're established and able, to give back in their own way," she says.

In addition, Dr. Madadi accepts students from both campuses for external clinic observation. Although she often receives requests to shadow from other health-care practitioners, Dr. Madadi prioritizes naturopathic interns and has even hired them in front-desk roles so they can learn the business acumen needed to run a clinical practice.

"I've worked in dental, physio, naturopathic, and chiropractic offices for close to nine years. These types of behind-the-scenes experiences are invaluable and left a huge impression on me. They helped me become the practitioner and leader I am today."

To CCNM graduates considering a scholarship of their own, her advice is simple: "Do it, with whatever is in your means. If it's $500, great. If it's $5,000, great. Giving back is like saying thank you for all the positive opportunities you've received in your life. It's never a bad thing to pay it forward."

"Do it, with whatever is in your means. If it's $500, great. If it's $5,000, great. Giving back is like saying thank you for all the positive opportunities you've received in your life. It's never a bad thing to pay it forward."

Dr. Noya Madadi, ND
(CCNM – Boucher Class of 2019)

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Sage Naturopathic Clinic Bursary Opens Doors for Future NDs

Establishing a bursary at CCNM is more than a gesture of generosity – for Dr. Deanna Walker, ND, it is a natural extension of the shared values she and her business partner, Dr. Rahima Hirji, ND, live every day at Sage Naturopathic Clinic.

Both gratitude and purpose guided their decision to fund the bursary bearing the name of the clinic. "We've worked very hard to build successful practices," Dr. Walker says, "and now that we're in a position to give back, we want to make the pursuit of education a little easier for future naturopathic doctors – both financially and professionally."

Since graduating from the CCNM – Toronto Campus in 2013, Dr. Walker has remained closely tied to the College through years of providing internships and preceptorship opportunities. She has taught dozens of students about the ins and outs of business administration and patient care, helping bridge the gap between classroom learning and real-world clinical experience. "Almost every year I have an intern. I really enjoy having students around because I always learn something new. Because of the shifts to CCNM's clinical curriculum, they expose me to different approaches to thinking about certain cases."

Her introduction to Dr. Hirji (CCNM – Toronto Class of 2002) was a fortunate twist of fate. The two met through Dr. Walker's boyfriend (now husband) at a networking event, where Dr. Hirji's openness to welcoming preceptorees led to then-student Dr. Walker shadowing her. They remained in contact, and their connection developed into a collegial relationship, and eventually, co-ownership. "We had the same vision for practice management and collaborative care, and I joined Sage shortly after I graduated. I became a partner in 2016."

The bursary, she explains, is about making naturopathic education more accessible. "I remember how difficult it was at times – during my studies, I worked a part-time job and relied on additional help from my parents. But not everyone has that kind of support. We just want to make this journey a little easier for students who need it."



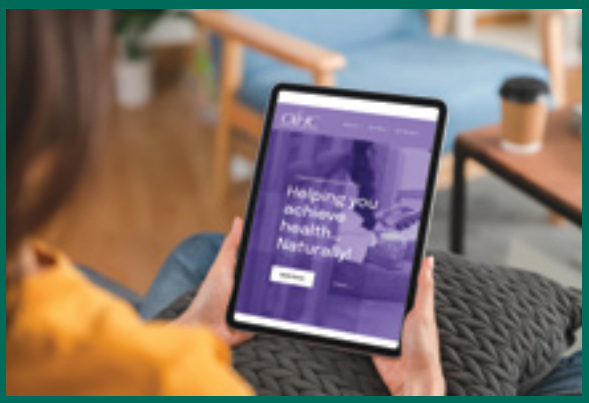
The welcoming reception area of Sage Naturopathic Clinic.

> "We've worked very hard to build successful practices, and now that we're in a position to give back, we want to make the pursuit of education a little easier for future naturopathic doctors – both financially and professionally."
>
> **Dr. Deanna Walker, ND**
> **(CCNM – Toronto Class of 2013)**



ALUMNI-FUNDED SCHOLARSHIPS AND BURSARIES

Ottawa Integrative Health Centre Bursary



The Ottawa Integrative Health Centre is committed to providing exemplary patient care to the community, while providing a collaborative and comprehensive full-care clinic that embraces the growth and continual education of itself, its associates and its patients.

The Ottawa Integrative Health Centre bursary awards $1,000 to one student, enroled full-time in the CCNM program, in the first-year January intake who demonstrates financial need.

Caviar Skin Clinic Scholarship for Women in Leadership



Caviar Skin Clinic believes in empowering women and investing in our future leaders to help set them up for success.

The clinic is committed to elevating confidence and improving self-esteem within its communities and would like to recognize and award one woman in Year 4, enroled at the Boucher or Toronto Campus, with $2,000 based on financial need.

Sage Naturopathic Clinic Bursary



Owners of the Sage Naturopathic Clinics, Dr. Rahima Hirji, ND and Dr. Deanna Walker, ND, are committed to providing the best integrated, naturopathic care and engaging some of the community's best health-care practitioners, with the main goal of helping people achieve greater health.

The Sage Naturopathic Clinic Bursary will award $1,000 to one student, enroled full-time in the CCNM program, in any year and on either campus, who can demonstrate financial need.

For CCNM alumni considering establishing their own bursary or scholarship, Dr. Walker echoes the advice of Dr. McQuarrie and Dr. Madadi. "When you get to the point where you can give back, do it," she says. "It's rewarding to know you're helping to inspire and motivate current students and contribute to the profession at the same time."

And while the bursary offers financial relief, it also helps attract the next wave of naturopathic medical students to the clinic. Sage has expanded steadily in recent years – now operating in Cambridge, Kitchener, Oakville, and Etobicoke – and Dr. Walker is in the process of building a well-rounded, intention-driven team at each location. "The bursary is a way to increase recognition of what we do in our clinics. We're growing and looking for smart, dedicated people with a strong work ethic who align with our practice philosophy and care about providing excellent patient experiences."

With over 20 practitioners now on staff, including NDs, nurse practitioners, registered massage therapists, dieticians, nutritionists, social workers, and more, Sage Naturopathic Clinic continues to be a leader in naturopathic and integrative care in Southern and Southwestern Ontario. For Dr. Walker and Dr. Hirji, the growth of Sage mirrors their commitment to cultivating not just the growth of their own clinics, but the future of CCNM students as well.

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Toronto, ON, Canada M2K 1E2
Tel: (416) 498-1255 Fax: (416) 498-1643
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