



**MyRoad Core Training and Mentoring Program**  
**Fundamentals Level**

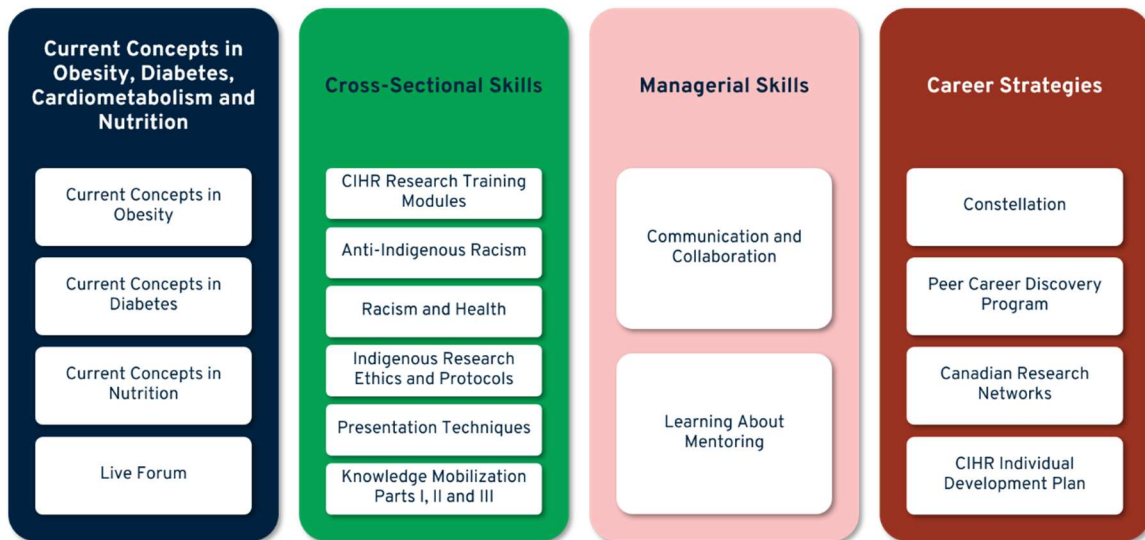
**Fall 2026 Cohort**  
**September 2026 – December 2026**

### **MyRoad Core Training and Mentoring Program objective:**

Provides flexible and highly accessible state-of-the-art, harmonized and best-practice based content for students or early career investigators from all research discipline in the field of cardiometabolism, diabetes, obesity and nutrition.

### **Fundamentals Level:**

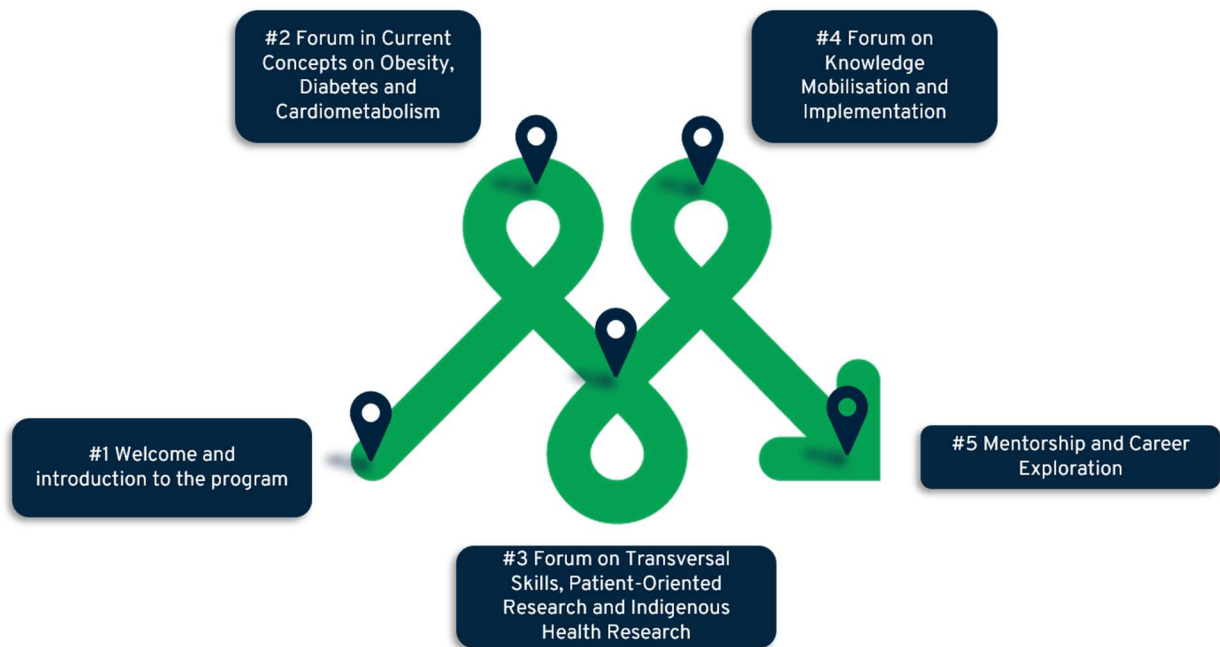
The Fundamentals Level of the program provides an overview of the current concepts in research in our field of interest while also offering basic knowledge and skills to carry out research in these fields.



It was designed to be completed in one semester with approximately 40 hours of online training and live forums. Although it can be completed at your own pace, MyRoad offers the possibility of completing this level in a cohort, giving you the opportunity to structure your learning path, obtain support and feedback from peers and mentors and increase your motivation.

### **Welcome to the fall 2026 cohort!**

Briefly, by registering in this cohort, you are committing to completing the online modules according to the schedule provided and to participating in 5 virtual group meetings where you will discuss your learning and deepen your knowledge.



### First steps:

- Create an account on [RISE](#)
- Add the meetings to your calendar.

**Schedule:**

**September 8, 2026: Forum 1 – Welcome and introduction to the program**

**Time and duration:** 1PM EDT, 1h

**Host:** André Tchernof

**September 8 to October 5, 2026**

**Duration:** 13 hours over a 4-week period

**Modules to complete:**

- Current Concepts in Obesity
- Current Concepts in Diabetes
- Current Concepts in Nutrition

**October 5, 2026: Forum 2 - Current Concepts in Obesity, Diabetes and Cardiometabolism**

**Time and duration:** 2PM EDT, 1h

**Hosts:** Ian Patton and Jennifer Kuk

**October 5 to November 9, 2026**

**Duration:** 18 hours over a 5-week period

**Modules to complete:**

- CIHR training modules
- Anti-Indigenous Racism
- Racism and Health
- Indigenous Research Ethics and Protocol

**November 9, 2026: Forum 3 – Cross sectional skills, patient-oriented research and Indigenous health research**

**Time and duration:** 1PM EST, 1h30

**Hosts:** Jon McGavock

**November 9 to December 1, 2026**

**Duration:** 3-5 hours over a 3-week period

**Modules to complete:**

- Presentation Techniques
- Introduction to Knowledge Translation part 1
- Knowledge Translation part 2

**December 1, 2026: Forum 4 – Knowledge Mobilization and Implementation**

**Time and duration:** 12:30PM EST, 1h30

**Hosts:** Virginie Blanchette and Monica Parry

**December 1 to December 17, 2026**

**Duration:** 7 hours over a 3-week period

**Modules to complete:**

- Communication and collaboration
- Learning about mentoring
- Constellation
- Canadian Research Networks
- Peer Career Discovery Program and/or CIHR Individual Development Plan

**December 17, 2026: Forum 5 - Mentorship and Career Exploration**

**Time and duration:** 1PM EST, 1h30

**Hosts:** Emily Bell, Jan Bottomer, André Tchernof