

# ACHS Expands Holistic Health Education with Two Practical, Low-Cost Certificates

*Two new low-cost holistic health certificates from ACHS focus on aromatherapy, herbal nutrition, and mental wellness.*

PORTLAND, OR, UNITED STATES, October 1, 2025 /EINPresswire.com/ -- The American College of Healthcare Sciences (ACHS), a leader in accredited online integrative health education, announced the launch of two new certificates designed to provide affordable, career-ready skills in natural health and wellness.

The new certificates, [Nature's Remedies](#): Aromatherapy, Herbal & Nutrition Certificate and Holistic Approaches to [Mental Wellness Certificate](#), expand ACHS's offerings in short, focused programs that prepare students to support individual and community wellness.



American College of Healthcare Sciences - Accredited Higher Education Institution, [ACHS.edu](https://ACHS.edu)

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*Ilana Frigaard*

## Expanding Opportunities in Wellness Education

Building on ACHS's recent certificate launch, these new offerings respond to the growing demand for integrative health education. Both certificates emphasize evidence-based learning, giving students practical skills in holistic nutrition, aromatherapy, herbal remedies, and mental wellness strategies.

“These programs open new doors for students who want to advance their knowledge and make a difference in their

communities,” said [Ilana Frigaard](#), Chief Operating Officer of ACHS. “With flexible payment plans and hands-on learning opportunities, we're making it easier than ever for learners to take the next step toward their personal and professional goals.”

Each program is structured to fit the busy schedules of working adults while maintaining academic rigor. Students engage in interactive online coursework, benefit from optional hands-on kits, and gain knowledge that can be immediately applied in professional and personal settings. Whether learners are looking to expand their career opportunities or deepen their understanding of holistic health, these certificates provide a clear, achievable path forward.

#### Flexible & Affordable Payment Options

##### Pay-As-You-Go Tuition Plan

- \$585 per course (3 courses total)
- One-time \$100 registration fee
- Budget-friendly option at under \$150 per month

##### 4-Month Installment Plan

- \$1,705 total program tuition (includes all 3 courses + fees)
- Convenient monthly payments of just over \$425/month
- One-time \$100 registration fee
- Optional Course Kits

Hands-on learning kits available for \$250

Both certificates have an optional course kit. Kits are available for \$250, providing practical materials to enhance online learning.

Both programs can stand alone or serve as stackable pathways toward ACHS's broader degree offerings. Graduates will be prepared to apply their knowledge in wellness consulting, holistic nutrition guidance, integrative mental wellness support, and community health initiatives.

#### About ACHS

Founded in 1978, ACHS has been at the forefront of integrative health education for nearly five decades. ACHS has a culture of early adoption of technology, offering fully online classes since 1999, and is continually assessing processes, platforms, and tools that promote learning and



The image is a promotional graphic for ACHS. It features a dark blue header with the text "ACHS Expands Holistic Health Education with Two Practical, Low-Cost Certificates" in white. Below the header is a photograph of a glass teapot and a glass cup filled with tea, surrounded by fresh flowers and herbs. To the right of the photograph is a smaller image showing hands pouring a liquid from a small bottle into a dark, textured container. At the bottom of the graphic, the URL "achs.edu/news" is displayed in white. Below the graphic, the same title "ACHS Expands Holistic Health Education with Two Practical, Low-Cost Certificates" is repeated in black text.

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achs.edu/news

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cultivate community. For questions about this press release or to schedule an interview, please contact Tracey Abell at [president@achs.edu](mailto:president@achs.edu).

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