

The Naturopathic Community Center

503 East Broadway Street, Downtown



The Naturopathic Community Center (NCC) is a non-profit organization dedicated to educating and serving the community in Natural Health.

At the NCC, we offer several events throughout the year that appeal to everyone.

This year's Tuesday Teaching classes carry the theme of physical, emotional and spiritual healing through the knowledge and wisdom of natural health.

Classes start at 6:30 p.m., light refreshments are provided, and instructor donations are accepted, but not expected.

Also, one Tuesday of each month, we offer Healthy Eating classes. These classes focus on healthy food preparation and storage. These classes are scheduled from 6:00 p.m. —7:30 p.m., with a menu lineup that helps you set a healthy meal on your table for you and your family to enjoy in minutes. This series will start in May, 2018. There is a requested donation of \$5 to help cover the costs of supplies. This year's hands-on classes are sure to be fun, enlightening and delicious.

Saturday/Sunday Seminars have expanded to more with formatting on weekdays to provide a richer and more in-depth experience. These seminars are open to the public, natural health professionals, and massage therapists. These are great classes for professionals looking for CEUs for licensing requirements. The cost varies depending on the seminar.

Saturday/Sunday and More Seminars do require preregistration and payment. Call (989) 317-4787 to reserve your spot. Meals are on your own in most cases.

This year's classes have been updated to include hands-on learning, a make it—take it using essential oils, permaculture and understanding the world around us as it pertains to our health, and making connections with your children.

Look inside for a year full of learning opportunities!
You can also check for updates on the NCC Website:
www.naturopathiccommunitycenter.info

Tuesday Teachings 6:30—7:30 p.m.

- Jan 16: How The Proper Use of Magnets Reduces Pain and Inflammation
- Jan 30: Outward Signs of Inward Problems: Analyze Your Own Face and Tongue
- Feb 13: Learn How Fat Makes You Skinny
- Feb 27: GMO (God Move Over) Foods Effect Your Health
- Mar 13: How Being Sick Too Long Could Mean Parasite Infestation
- Mar 27: How to Remove Negativity From Your Life Through Healing Touch
- Apr 10: Essential Oil: Healing the Spine and Brain
- Apr 24: Top Remedies for Each Organ
- May 8: Heal Long Term Structural/Muscular Ailments
- May 22: What Hidden Poisons Are You Exposed To?
- June 5: Unlock the Knots with Trigger Point Therapy
- June 19: The Top 10 Minerals that Could Save Your Life!
- July 24: What are the Best Homeopathics for Every Medicine Cabinet
- Aug 21: Herbal Remedies are Growing in Your Yard!
- Sept 18: Improve Your Wealth Using Sacred Geometry and Fung Shui
- Oct 23: Using the Enneagram to Improve Relationships
- Nov 6: Your Eyes Tell a Story About Your Health



Healthy Eating Classes:
Schedule will be available in April 2018—Watch the Website for updates.
(\$5 Donation) 6—7:30 pm:



Saturday/Sunday & More Seminars

January 27: An Archetypal Journey - Who Am I and What Is My Purpose. Explore and determine which 12 of the many Archetypes described by Caroline Myss best represents you. Build them into your own personal chart, and learn to apply their wisdom to your daily life. A \$12 supply fee will also be charged for this class for the purchase of Caroline Myss Archetype Deck Cards. *Instructor: Chris Wheeler Class Fee: \$89 + \$12 = \$101*

March 17: Keto 101 When you learn to convert your energy from glucose to ketones amazing things happen like improved health and shedding extra fat/weight. So what is a ketogenic diet and/or ketosis? This keto 101 class will teach you the basics of a ketogenic diet, learn the difference between exogenous and indigenous ketones, yummy recipes (we will make "fat bombs" to sample) and important biohacks. Come find out what all the keto buzz is about. *Instructor: Nicole Pacquin, ND Class Fee: \$89*

March 23—24: Interpreting Your Own Blood Tests—Part 1 For many practitioners, blood analysis is simply a matter of comparing a test result with a reference chart and seeing whether or not the client's results are normal or abnormal. In this class, we will present another method of analysis, one that looks at blood chemistries from a functional or prognostic perspective which will give us data on how the physiology of the body is functioning. This two day seminar starts Friday, 1 p.m.—9 p.m., and Saturday from 9 a.m.—5 p.m. *Instructor: Jacquelynne Featherly, ND, CCH Class Fee: \$175*

April 8: Clean Your Home Naturally— This is an entry level class and is geared towards teaching that the chemicals we use every day in our homes are harmful, and how to replace them with natural essential oil products. —*Instructor: Jan Doerr, BD, MA, ND Class Time: 1 p.m.—5 p.m. Class Fee: \$50*

April 13—14: Genetics 101—Part 1 It may be hard to grasp, but everything that makes you who you are starts with four simple letters that represent substances that form the base pairs of your DNA. In this class the focus will be on learning about what DNA is and how genes work, as well as, how those genes apply to healthy body function or disease pathology. This two day seminar starts Friday, 1 p.m.—9 p.m., and Saturday from 9 a.m.—5 p.m. *Instructor: Jacquelynne Featherly, ND, CCH Class Fee: \$175*

April 19—22: Biodynamic Farming and Gardening—The biodynamic practice of farming and gardening is all encompassing with the universe including farmers, animals and nature. Learn the methods of treating animals, crops and soil as a single system, emphasizing the beginnings of local production and distribution systems to the development of new local breeds and varieties. This four day seminar will be held at the Symbiosis Ranch. The cost is \$349 if paid before Feb 19; \$399 after Feb 19. Lunch will be provided each day. Sign up for all four courses and pay only \$1,200.—*Instructor: Wayne Weiseman*

April 22—All Aboard the Brain Train — It's time to get on the 'Brain Train' and learn some of the newest approaches to brain health. This program will introduce you to the science of using sound and light therapy to change and balance our brain waves. This program has endless uses: clients that suffer from being autistic, having ADHD, PTSD, Alzheimer's or dementia would benefit from this therapy. Other uses include weight loss, applications for pain management and stress.—*Instructor: Jan Doerr, BS, MA, ND Class Time: 1 p.m.—5 p.m. Class Fee: \$50*

April 28: Cellulite! Fat or Fascia? Debunk the Myth of Cellulite Did you know that there is no such thing as cellulite? In this class we will be discussing what the true cause of those dimples in your cheeks are, and not the cute ones on your face. We will be diving deeper into what Fascia is, how it effects our physical body, what emotions are trapped in the tissue and how do we get rid of it. —*Instructor: Stacy Eding, ND Class Fee: \$89*

Seminars Continued:

May 12: Healing with Plant Stem Cells This class will introduce the botanical system of healing known as Gemmotherapy. Gemmotherapy employs plant buds rich in potent growth factors, phytonutrients, nucleic acids, meristematic cells, vitamins and minerals. Learn how Gemmotherapy can be safely used with all age levels and combined with other modalities and therapeutic agents. —*Instructor: Timothy Hertzberg, ND Class Fee: \$89*

June 2: CranioSacral in the Mouth— Headaches or migraines? Teeth trouble or TMJ? Brain fog and difficulty concentrating? Advance your skills in CranioSacral therapy by learning to release tension inside the cranium to benefit nervous and glandular system functions. Special considerations will be given to the health concerns that arise from having worn braces or other dental devices and balancing the restrictions they cause. These advanced techniques help to improve health, focus, mental clarity, hormonal imbalances, and much more.—*Instructor: Amy Jo Howard, ND Class Fee: \$89*

June 21—24: Hunter-Gatherer: Permaculture as Seen Through the Eyes of the Hunter-Gatherer. The hunter-gatherer (survival skills) relies on the ability to read the lay of the land and to gather what is needed. This segment of the course takes place completely outdoors. This four day seminar will be held at the Symbiosis Ranch. The cost is \$349 if paid before April 21; \$399 after April 21. Lunch will be provided each day. Sign up for all four courses and pay only \$1,200.—*Instructor: Wayne Weiseman*

June 24: Make It & Take It with Essential Oils. This is an entry level class where you will learn how to make healthy products using essential oils. A \$15 supply fee will be added to cover the cost of supplies.—*Instructor: Jan Doerr, BS, MA, ND Class Time: 1 p.m.—5 p.m. Class Fee: \$50 + \$15 = \$65*

July 19-22: Agricultural Settlement, Pastoralism (Animals), Natural Building Methods. This is a class focused on budgeting for a homestead, natural green building, renewable energy, biological waste management, food preservation and storage, permaculture principles, aquaculture and aquaponics. This four day seminar will be held at the Symbiosis Ranch. The cost is \$349 if paid before May 19; \$399 after May 19. Lunch will be provided each day. Sign up for all four courses and pay only \$1,200.—*Instructor: Wayne Weiseman*

July 28: Parent Child Connection Open to a parent (of any age) and a child (ages 11 and up) to improve upon compassion and communication with each other, with an emphasis on respectfully supporting the unique nature of the individual. This class is for the parent who would like to connect on a profound level with their child. This is a three-part class, each building on the next. Meeting once a month for three months from 1 p.m. — 5 p.m. Grandparents and care-givers are welcome. Pay in advance for all three classes and receive \$50 off! Otherwise, each session is \$89. Class 1 (Learning to Trust in Each Other, Manifesting Your Perfect Relationship). **August 19**—Class 2 (Learn, Laugh and Love Each Other Staying Present). **September 15**—Class 3 (Respecting the Journey. Where To Go From Here.). — *Instructor: Heather Dexter, CN, ND, Doula*

August 24—25: Interpreting Your Own Blood Tests—Part 2 Continuing from Part 1, by looking for optimum function, we increase our ability to detect the dysfunctions that plague us long before disease manifests. Our conventional lab testing becomes more comprehensive by being prognostic and preventative, as well as pathology oriented. This two day seminar starts Friday, 1 p.m.—9 p.m., and Saturday from 9 a.m.—5 p.m. *Instructor: Jacquelynne Featherly, ND, CCH Class Fee: \$175*

September 8: CPR/AED for the Community Rescuer Community Rescuer CPR AED and First Aid: This full day course will teach the newest OSHA standards for CPR, AED and First Aid practices. The class will be taught using a blended learning method of text book, video and hands on practices. Content includes such topics as legal issues, patient assessment, single rescuer CPR for adult, child and infant. AED and Choking care. First Aid topics include bleeding, seizure, EpiPen, diabetic emergencies. Wear comfortable clothing, pack a snack and a lunch, and get ready to learn how to save a life.—*Instructor: Tracey Miret*

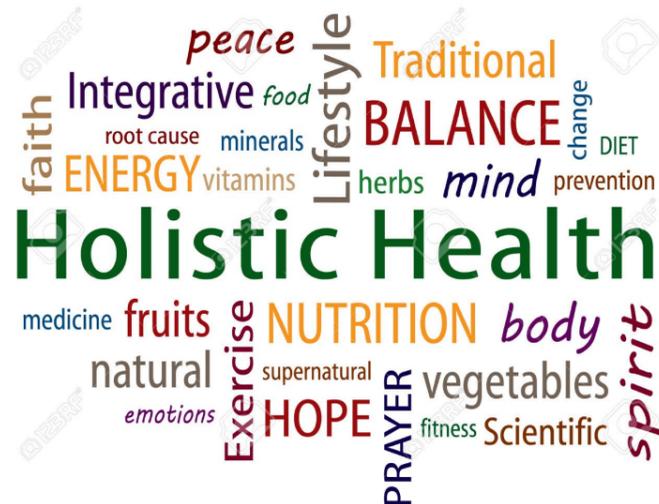
September 16: Natural Beauty with Natural Products This is an entry level class geared towards the community. Topics discussed will be what chemicals are in typical make-up products and where to find some healthy alternatives. —*Instructor: Jan Doerr, BD, MA, ND Class Time: 1 p.m.—5 p.m. Class Fee: \$50*

September 28—30: Sacred Feminine Council This gathering of women ages 16 and up will incorporate experiential techniques for mind, body, spirit and emotional balance, along with action for community unity and creative projects for grounding and connection. The focus of each weekend is you. Come prepared to sink into the depths and unveil the pieces of you, long awaited. This weekend seminar will be held at the Symbiosis Ranch. Meals, snacks and camp sites will be available. This seminar is Friday from 6 p.m.—to Sunday until 4 p.m. —*Instructor: Heather Dexter, CN, ND, Doula Class Fee: \$399*

October 11—14: Appropriate Technology and the Ecological Epoch: Urban/Suburban The course components in this last segment on permaculture principles and design will look at land use planning, pattern understanding and observational skills, vegetation, land cover and natural resource mapping, natural medicine, earth works and water systems. This four day seminar will be held at the Symbiosis Ranch. The cost is \$349 if paid before August 11; \$399 after August 11. Lunch will be provided each day. Sign up for all four courses and pay only \$1,200.—*Instructor: Wayne Weiseman*

October 19—20: Genetics 101—Part 2 So what is the benefits of having your DNA tested? In addition to a simple, but fun look at your ancestry, we are not able to use your genetic information to effectively 'peek' inside the body to see what genes in particular may be causing issues. Common issues such as stress levels, predisposal to certain cancers, and tools for effective weight management are no longer a mystery because we can now get a better look at the 'root' of the problem. This two day seminar starts Friday, 1 p.m.—9 p.m., and Saturday from 9 a.m.—5 p.m. Tests are not required to attend. *Instructor: Jacquelynne Featherly, ND, CCH Class Fee: \$175*

October 27: Using Bio-Identical Hormones for Health and Balance This workshop will cover **what** Bio-Identical hormones are plus **how and when** to use them. They can be a safe and effective means to achieve balance in the body when combined with proper diet and exercise. Participants will learn how to navigate hormone testing, assessment, and walk through real life case files. Participants will also receive in hand an extensive overview of available products, nine resources, reading suggestions, plus historical and descriptive information about all currently available Bio-Identical Hormones. This workshop is appropriate for all natural health practitioners as well as the lay public! - *Instructor: Jennifer Gale, NHP Class Fee: \$89*



2018

**Tuesday Teachings
Healthy Eating Classes
Saturday/Sunday
Seminars and More!**



**Call (989) 317-4787 to
reserve your spot.**

**Dedicated to serving the community in
natural health.**