

Naturopathic Community Center

503 East Broadway Street
Downtown Mount Pleasant
(989) 317-4787



The Naturopathic Community Center (NCC) is a non-profit organization dedicated to educating and serving the community with 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. Join us for these amazing free events! Classes are on Tuesday evening's, twice a month. There is no need to sign up, simply show up, learn, and apply this incredible knowledge to better your health, longevity, and personal development. Classes start at 6:30 p.m., light refreshments are provided, and instructor donations are accepted, but not expected. Classes are held in the classrooms.

Also, one Tuesday of each month, we offer **Healthy Eating** classes. These classes focus on healthy food preparation and storage. Classes are scheduled from 6:00 - 7:30 p.m., with a menu lineup that helps you set a healthy and fun meal on your table for you and your family to enjoy. This series will start in March 2019. To accommodate the popularity of these classes, we have moved to the Coomer Church, 5410 Vandecar Road, located 2 1/2 miles south of M20. 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, motivating and delicious with some popular foods like Fat Bombs, Power Cooking and Better Than Take Out Chinese.

Saturday Seminars for 2019 are popular, fun, enriching, and hands-on experiences for all family members. They are open to the public, health professionals, doulas, and massage therapists. Great classes for professionals looking for CEUs for licensing requirements. The cost varies depending on the seminar. Seminars **do** require preregistration and payment. Please call (989) 317- 4787 to reserve your spot. Meals are on your own. Keep reading to learn more about each seminar, and then, sign up right away.

These classes will fill quickly.

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.

- February 19: CranioSacral Bodywork for Headaches, Migraines and TMJ
- March 5: Healing Mental Struggles and Anxiety with Amino Acids
- March 12: Meridian Work/Light Healing Touch: Clear Away the Negativity from Others
- March 26: Fasting: A Way to Wellness and Weight Release
- April 2: Vaccines/Environmental Poisons: What Every Parent Should Know (2 hrs)
- April 30: Polarity Therapy: A Solution to Long Term Health Complaints
- May 14: Change Your Life: How to Use Your Thoughts to Achieve Your Goals
- May 28: Meditation and Breathing Exercises for Stress Relief and Sleep
- June 11: Hormones: How to Balance Them Naturally
- June 25: Are Your Thoughts Causing Dis-ease?



Healthy Eating Classes 6—7:30 pm (\$5 Donation) (Meet at the Coomer Church, 5410 Vandecar Road, 2 1/2 Miles South of M20)

- March 19:** Energy Boosting, Snacking Protein Balls, Fat Bombs and Granola
- April 16:** How to Power Cook
- May 21:** Summer Salads
- June 18:** Squash – All That Zucchini
- July 16:** Pasta from Scratch
- August 20:** Homemade Mexican Fare
- September 17:** Eggs: Nature's Perfect Protein
- October 15:** Better than Take-Out Chinese
- November 19:** Soups and Curry

Seminars and Workshops

March 30: The Healing Power of Telling Your Story

Learning to tell your story may be the most powerful medicine on earth. Story is deep within our biology, and we are literally wired to tell and understand the world in terms of story. Each of us is part of an unfolding narrative, each a hero in an epic tale. And yet, so many of us leave our stories untold, the real story, that is. Most of us tell the "outside" story, such as details of our work or family. The real story lies within and expresses our deepest values and hopes. This story touches on the lasting, visionary quality of greatness we all carry. When we don't know and tell this story, we wind up feeling lonely and out of touch with our life's purpose, bothered with a chronic sense that something just isn't right. We may even wind up feeling worthless, unloved, or even sick. Join Instructor Sheila Carroll, professional story coach, for a day of discovery and healing. Sheila will teach you simple techniques for telling your story for health and well-being. A great course for helping yourself or others heal, unique and satisfying! *Class Time: 9 a.m. – 5 p.m. Class Fee: \$89*

April 13: Beginning Beekeeping 101

If you've heard the buzz about bees and are interested in managing your own colony, this course is definitely for you. This course will provide knowledge in the following areas: How to get started; Basic Bee Knowledge – Who's in the Hive; education about disease, parasites and other enemies; education on bee nutrition; hive placement; costs and set up and more. Included in the seminar will be reference guides as well as contact information to reliable help and resources. So, BUZZ on in and get your seat reserved! *Instructor: Dennis Kalil Class Time: 9 a.m. – 5 p.m. Class Fee: \$89*

May 15 – 19: Master Design Practicum in Permaculture

This master permaculture design practicum is for anyone looking to study permaculture design at a deeper level. Enhance your understanding of the permaculture ethics and principles, and practice applying them to your property with input and guidance from our world-renowned instructor, Wayne Weiseman. Your landscape is filled with possibilities, and when you are finished, you will go home with a design that works for your own property. It will give you the skills and foresight needed to assess, conceive, and design your property into a perpetual harvest garden. This seminar will be held at the Naturopathic Institute all five days. *Instructor: Wayne Weiseman Class Time: 9 a.m. – 5 p.m. each day Class Fee: \$989*

May 18: Plant Stem Cell

Plant stem cells (Gemmotherapy), also known as meristems, are embryo cells of plant buds or rootlets that are undifferentiated and have the potential to become any tissue in the body, very similar to animal (embryologic) stem cells. They hold the blueprint and genetics of the entire plant. They rapidly and gently restore the balance between mind and body, while having an impressive influence on all channels of elimination. A wealth of information and clinical research has been collected in Europe over the last 70 years. In this seminar, you will learn the emotional/mental signatures, impact on physiology/pathology, tissue affinities, and empirical protocols to initiate healing and how to incorporate other modalities along with plant stem cells. *Instructor: Timothy Hertzberg, ND, Class Time: 9 a.m. – 5 p.m. Class Fee: \$89*

June 1: Healing Powers of Hemp

Have you heard about CBD and the health benefits of hemp? Maybe, you have heard of the "Green Rush" as the opportunity of our generation. Or, maybe you are simply curious. We aren't talking about the part that makes you high, but instead, about a plant rich in CBD with many therapeutic effects. Regardless of what attracted you here, science has shown hemp can impact you in a positive way. Every day, people are turning to this powerful herb to find relief from many of life's challenges. A quick internet search provides thousands of claims... but what is accurate and trustworthy? How do you become a smart consumer and find your piece of the green pie? Join us as we learn about this amazing plant, how it works in our bodies to promote health, healing, and harmony, and how you can be a part of this movement. It's about getting your life back! *Instructors: Jodi Jenks, ND, and Shelby Ogburn Class Time: 9 a.m. – 5 p.m. Class Fee: Free*

Seminars Continued:

September 19 – 22: Plants

Hey, all you plant geeks! I know there are many of you out there. We are offering a great way to learn all about plants from Instructor Wayne Weiseman. He will share lessons learned from teaching years of primitive skills. His own recipes have been used to create a series of herbal products. His urban yard yields a huge percentage of his family's food – how does he do it?! Come learn how for yourself! Students will go home with plant-based products created in class at the Symbiosis Ranch. You will also observe, study, interact, and explore woodland, pasture, gardens, farm fields, and other ecosystems. *Instructor: Wayne Weiseman Class Times: Thursday 5 p.m. – 9 p.m., Friday 9 a.m. – 5 p.m., Saturday 9 a.m. – 5 p.m., Sunday 9 a.m. – 4 p.m. Class Fee: \$399*

September 28: Human Trafficking

This class is still being developed. Please watch the Website and updated publications on the details. This is a very hot topic, and we want to make sure that we bring to you the best information and provide the student with the best way to identify, inform, and influence outcomes of human trafficking. Stay Tuned!

October 17 – 20 Mixed Permaculture Course

We are at it again! Take advantage of the full course weekend or split your time between individual days of learning. This year, we will be hosting the following options for students to get your gardening groove on by gaining insights into the following topics: Thursday, 5 p.m.-9 p.m.: The Alchemy of Gardening; Friday, 9 a.m. – 5 p.m.: Soil and Composting; Saturday 9 a.m. – 5 p.m.: Tree Identification and Guilds; and, last year's favorite on Sunday, 8 a.m. – 4 p.m.: Building and Using the Sweat Lodge! *Instructor: Wayne Weiseman, Individual Class Fee: \$89 for each day, \$50 Thursday or \$329 for the full course. These Courses will be held at Symbiosis Ranch.*

October 26: CranioSacral in the Mouth

Do you suffer from headaches or migraines? Teeth trouble or TMJ? Brain fog and difficulty concentrating? Or, know someone who does? 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. CranioSacral experience required to take this class. *Instructor: Amy Jo Howard, ND Class Time: 9 a.m.—5 p.m. Class Fee: \$89*

November 9: How to Deliver a Baby

Everyone is invited to this lively and insightful class on "Birth for Everybody." Does it matter how we view birth, or how we talk to our neighbors and kids about birth? (Hint: YES, IT DOES!) How we get born affects our whole lives – our expectations, how we breathe, our immune system, and how we connect (or not) with the rest of the human race. This lively class will reframe birth as it's presented in the US today, teach what babies are really doing and expecting, and discuss how the amateur can safely and calmly deliver a baby if unexpected circumstances occur. NEW understanding of gentle birth has very specific and simple elements which reduce infant and maternal mortality, and that can be used in any situation for great outcomes! We'll explore making-do in disasters and provide a beautiful, easy-to-use reference that reinforces all you've learned. This is a fun and inspirational day (no ick, promise!) and is for everyone who cares about mothers and babies – come with a friend! *Instructor: Beth Barbeau Class Time: 9 a.m. – 5 p.m. Class Fee \$89*



NATURAL HEALTH INDEPENDENCE
FREEDOM FESTIVAL
2019

July 4th - 7th - All Are Welcome

events for the whole family.
Check out the newsletter online at :
<https://naturopathicinstitute.info/nite-newsletter>

RESERVE YOUR SEAT FOR ALL!
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The 2019 Schedule

- ◆ Tuesday Teachings
- ◆ Healthy Eating Classes
- ◆ Saturday Seminars



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**NCC—Dedicated to Serving the Community
with Natural Health**