

Naturopathic Community Center

*A non-profit center
dedicated to sharing the traditional wisdoms of healing*



October 8—Sweetest Day Dance

Featuring dance instruction by Lois and Richard Klender at 7pm

Music for the evening by Ron O'Neil, *A Party of One*

*\$20 per couple * \$10 per individual *7-10 PM

*Great snacks included!



*Last Dance - Building like-minded community events
takes time, yet we need your attendance now to do them again
next year!*

So please, join our smoke-free, healthy events.

FREE COOKING CLASSES

- OCTOBER 6 - FIVE NEW VEGETABLES YOU'LL LOVE
- OCTOBER 20 - MAKING YOUR OWN REAL BUTTER
- NOVEMBER 3 - HOW TO READ LABELS AND KNOW WHAT IS HEALTHY
- NOVEMBER 17 - SOUP FROM SCRATCH
- DECEMBER 1 - HEALTHIER HOLIDAY MEALS
- DECEMBER 15 - DESSERTS FROM SCRATCH
- DECEMBER 29 - COOKING CLASS WINTER PARTY POTLUCK

* CLASSES BEGIN AT 6:30PM

* SUGGESTED \$5 DONATION
FOR FOOD AND SUPPLIES.



Laymen's Courses

Saturdays, 9am to 5pm

- Sept. 26 Homeopathy: Non-Toxic, No Side Effects, and No Drug Interactions
- Oct. 3 Releasing Emotional Trauma from Your Body
- Nov. 14 Addressing Core Issues of Wellness with Bach Flower Remedies
- Dec. 5 Beginner's Guide to Natural Health
- Dec. 12 Re-establishing Internal Communication with Light Healing Touch

Pre-registration is required. Each class is only \$89. Call 989-773-3636 to register.

The Big FAT Lie

The Big FAT Lie: Fats, Oils, and the Cholesterol Myth was a one-day class to teach you everything you need to know about cholesterol and the fats in your body and in your foods.

For example, did you know:

No research has been able to prove that the cholesterol in natural foods causes heart disease. Or, that no research has shown that eating foods high in saturated fat raises blood cholesterol levels. In fact, heart disease is just as frequent in people with low cholesterol levels as in those with high levels. Further, low cholesterol levels increase your risk of reproductive problems, depression, cancer and suicide. However, when you consume lots of saturated fat, your body needs only a small amount of essential fatty acids, like Omega 3

and Omega 6. And, saturated fat protects the liver from toxins like alcohol and prescription drugs. On the other hand, consuming too many long chain fatty acids like those found in vegetable oil may cause you to gain weight, while short and medium chain fatty acids like those found in butter and coconut oil increase your metabolism rate and may help you lose weight.

For much more enlightening information, attend Laymen's courses and learn the truth about fats and other amazing topics for your health!

This class will be held again in 2010 along with many other great courses .

Naturopathic Institute alumni can look forward to continuing education classes starting in the spring of 2010.

Healthy Halloween

This year, the Naturopathic Community Center will be hosting its first Annual Trunk or Treat.



Other health-minded businesses, parents, and volunteers will be closing off the Herbs Etc. parking lot for youngsters to trick or treat at the trunks of health-minded people. We will have homemade, high fructose corn syrup free, treats and snacks. There will also be games and prizes. Please call Kathryn, the NCC events coordinator, to bring your children, volunteer, help sponsor the event, or all of the above. How would it feel to have a healthy place to go this year?
(989)773-1714



Tuesday Night Classes

Classes meet at Herbs Etc. and are free and open to the public.,
6:30 p.m. to 7:30 p.m. No registration is necessary.

September 29, 2009 Preparing Live Foods for Healthier Bodies

October 13, 2009 Balancing Brain Chemistry with Amino Acids

October 27, 2009 Bridging the Gap Between Medicine and Natural Health

November 10, 2009 Lower Your Blood Pressure Naturally

November 24, 2009 Sick of Sneezing? What To Do About Allergies




