

# Naturopathic Community Center

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



## Survival Classes are Here!

These classes could save your life! Learn shelter making, building a fire without matches, navigation, safe foods and medicines of the wilderness, tracking and so much more! A great skill for any age! All are welcome! Call for details!

- Survival I** July 17-19 Introductory Level  
**Survival II** July 31-August 2 Advancing Your Skills  
**Open Class** Sept. 19 & 20 Bone Setting and Sutures  
plus Group Shelters

Survival I and II are \$199 each. The Open Class is \$150.



## Yoga and Qi Gong Classes



Monday and Thursday:  
Yoga  
Tuesday and Friday:  
Qi Gong  
12-12:30 pm  
Only one ticket per class!

## Free Cooking Classes



### CLASSES BEGIN AT 6:30 PM

- APRIL 7** DAIRY: THE TRUTH ABOUT MILK  
**APRIL 21** DAIRY: TRADITIONAL COTTAGE CHEESE AND WHEY  
**MAY 5** DAIRY: MOZZARELLA AND RICOTTA  
**MAY 19** DAIRY: YOGURT  
**JUNE 2** DAIRY: ICE CREAM  
**JUNE 16** VEGETABLES: COOKING WITH A WOK  
**JUNE 30** PLANNING MEALS FROM THE GARDEN

**SUGGESTED \$5 DONATION**  
FOR FOOD AND SUPPLIES

## Laymen's Courses

**Saturdays, 9am to 5pm**

*A great way to learn about natural health for yourself and your healthier family!*

- April 25** How to get your glandular system working for you!  
**May 9** Muscle Response Testing for yourself and others.  
**June 27** Healing & balancing emotions with flower remedies.  
**July 25** Nourishing Foods: Wisdom of Traditional Cultures. Foods that Heal!



Each class is only \$89.

Call 989-773-3636 now to register!

# Civil War Camp

**This year, the NCC is happy to host a Civil War Camp for kids July 20-23!**

Union and Confederate soldiers will report to battle at 9am, on July 20th, 2009, at the NCC pavilion and activities center, just 8 miles west of Mt. Pleasant. Each soldier will receive a hat, t-shirt, haversack, ammo, and gun that is theirs to keep. Campers and tents are welcome. There is a hand water pump on site and two nice outhouses; sorry, no electric. Registration is limited to 28 soldiers and is appreciated by May 1st.



Option 1 for camp: Day Camp—Each day bring a lunch and plenty of water. Cost is \$150 for all four days. Lunches provided for an additional \$25. Soldiers can be dropped off as early as 8:30am and picked up by 5:15pm.

Option 2 for camp: Bring a parent to camp! Parents can't be soldiers but can set up a tent and stay for the four days. Parent and soldier will be responsible for their own meals. Cost is \$175 for all four days. All meals and drinks can be provided for an additional \$75 per person.

Option 3 for camp: Bring a tent and stay at camp by yourself (there will be adult supervision). Cost is \$175 for all four days. All meals and drinks can be provided for an additional \$75.

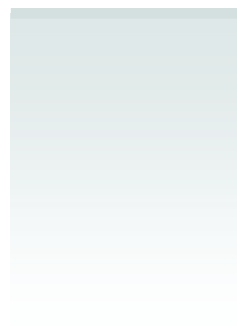
Call 989-773-1714 to register!

## 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.

April 14, 2009	Herbal Remedies from Grocery Store Items
April 28, 2009	No More Tears and Tantrums: Improving Family Harmony
May 12, 2009	Which Vitamins and Minerals Do I Need?
May 26, 2009	Reducing Muscle Pain and Fatigue
June 9, 2009	Where Has My Energy Gone?
June 23, 2009	Knowing Which Herb to Use and When





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