

Naturopathic Community Center

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



Holistic Moms

Holistic Moms is a support and information group for parents interested in raising happy, healthy, and holistic kids in an environmentally friendly way.

This group meets the 3rd Thursday of every month from 11am-12pm

at the Naturopathic Community Center.

For more information, contact Kathryn at 989-486-5782.



Zen Meditation

Wednesdays
6:30-7:30pm

All levels of experience welcome.

Wear comfortable clothes and bring a towel to sit on.

Free Cooking Classes

OCTOBER 12 - THE JOYS OF PUMPKIN:
WHAT TO DO WITH IT

OCTOBER 26 - USEFUL FOOD REMEDIES THROUGH
THE AGES

NOVEMBER 9 - MAKING LIFE SWEET:
SUGARS AND SWEETENERS

NOVEMBER 23 - HEALTHY THANKSGIVING
ALTERNATIVES

DECEMBER 7 - HOLIDAY POTLUCK & RECIPE SWAP

CLASSES BEGIN AT
6:30PM

SUGGESTED \$5 DONATION
FOR FOOD AND SUPPLIES



Laymen's Courses

Saturdays, 9am to 5pm
(one-hour lunch on your own)

The Layman's Course is 6 classes designed to give you the knowledge you need to use natural healing methods for yourself and your loved ones.

October 9 Essences and
Essential Oils

Coming in the Spring: Herbalism,
Homeopathy, Iridology and more!

Pre-registration is required.
\$499 for the entire course; \$89 for an
individual class.

Call 989-773-3636 to register.



Alumni and Continuing Education

For Natural Health Professionals, Massage Therapists, and anyone who desires to gain an in-depth understanding of natural health, the continuing education classes delve into specific areas of study.

These classes are open to the public. Each class is \$89, and is held on Saturday from 9am to 5pm (unless otherwise noted) with a one-hour lunch break on your own.

Registration and payment must be made at least two weeks prior to the class.

To register, call 989-773-1714.

October 9, 2010

Holistic Counseling

with

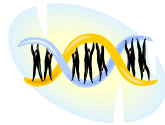
Moshe Daniel, ND, HMC



November 7, 2010

Minerals for the Genetic Code

with Dr. Richard Olree



December 11, 2010

The Science of Lymphology

with Janet Ott, MT, CH



Dance Lessons

Line Dance Lessons

Thursdays, 5:30-7:00pm

\$5 per person per class

A different line dance is taught each week, combining exercise and dance.



Social Dance Lessons

Thursdays, 7:00-8:00pm

\$5 per person per class

All lessons are beginner level and build on patterns learned in previous weeks. It is encouraged to attend with a partner; however, it is not required.



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.

October 5, 2010

Gently Influence Your Significant Other Through Flower Remedies

October 19, 2010

Why Medical Costs Are High: The History of Our Health Care

November 2, 2010

500 Common Parasites: Which Ones Do You Have?

November 16, 2010

Outward Signs of Inward Problems: Face, Tongue, and Hand Analysis

November 30, 2010

How to Protect Yourself from Cell Phones, Towers, and Other Electromagnetic Pollution
