

Naturopathic Community Center

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

The Benefits of a CSA

It is time for fresh fruit and vegetable season. Have you ever thought about joining a CSA? Here's why you should: Eat seasonally. Eat food without chemicals. Get vegetables at their freshest. Know the people who grow your food. Support the local economy and local families. Support environmentally friendly farming. Get recipes and ideas for using your vegetables.

Local CSA news!

Exciting classes!

Check out the new class topics!

Alumni & Continuing Education

9:00AM—5:00PM

(ONE-HOUR LUNCH ON YOUR OWN)

COST IS \$89 UNLESS OTHERWISE NOTED.

REGISTRATION IS REQUIRED.

- MAY 14 ADVANCED AROMATHERAPY,
JAN DOERR, ND*
- JUNE 25 THE IMPACT OF EARLY REFLEXES,
MOVEMENT, AND SENSORY INPUT,
TERRI COOPER, OCCUPATIONAL THERAPIST*
- JULY 30 THE BIG FAT LIE,
KATHRYN DORAN-FISHER, ND*
- AUGUST 20-21 SACRED GEOMETRY,
JANE WEAVER*
- SEPTEMBER 17 GOING GREEN FROM THE HOME
INWARD,
ADAM BEARUP*
- OCTOBER 1-2 ASTROLOGY I,
LAURA ALLMACHER, ND*

Layman's Courses

Saturdays, 9am to 5pm

(one-hour lunch on your own)

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

- May 14 Muscle Testing
- June 18 Herbalism
- July 23 Homeopathics
- August 13 Essences and Essential Oils

Pre-registration is required.

\$499 for the entire course; \$89 for an individual class.

Call 989-773-3636 to register.

Monroe Family Organics CSA

The NCC is proud to announce that memberships are available for the Monroe Family Organics CSA.

As a member of the CSA, you will receive 7-12 fresh, organic vegetables each week for 20 weeks. The farm is in Alma, Michigan, and will have a Mt. Pleasant drop-off.

To participate in the Mt. Pleasant drop-off, a full share is around 1 1/8 bushel per week and costs \$500. A half share is available for \$275. Boxes will start some week in June and continue for 20 weeks straight.

An example of what a box might contain would be: one head of romaine lettuce, 5 tomatoes, 2 summer squash, one bunch of

beets, one bunch of basil, a bag of mesclun, a couple onions, 2 sweet peppers, one bunch of swiss chard, a bag of potatoes, and one small portion of a more unique vegetable.

Fred Monroe has grown vegetables for the Alma Farmers' Market during the 1998-2002 growing seasons. In 2001-2005, Fred completed his degree in horticulture, studying at Michigan State University. During this time, he did his internship on the largest CSA in the United States at an organic farm in Illinois.

Membership will be limited, so sign up soon to lock in your share. Call 517-896-6884 or email at mfororganics@yahoo.com.

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



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.

May 10, 2011	Massage for Families and Couples
May 24, 2011	What's in the Environment That's Making You Sick?
June 7, 2011	Health Club*: Iridology
June 21, 2011	Naturopath Panel*

*The Health Club has a Junior class for children ages 7-16 and a Senior Class for their parents or guardians. Get the whole family involved in the discussion!

*The Naturopath Panel is open to everyone to come ask the Naturopathic Doctors your health questions.


