



Naturopathic Community Center

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

The Community Center Is Sharing Even More!

You still have the great Tuesday night health classes, Saturday Laymen's courses, and deep cleansing clinics. But there is more... Cooking classes, Guest speakers for Saturday/Sunday Weekend Courses, plus private Get-A-Ways for you and your friends, and coming next summer, day camps for kids and even a three day civil war camp. Become a part of the Non-profit Naturopathic Community Center and be a part of something healthy.

(Most events are open to non-members as well. Annual Membership is \$5.)



LAYMEN'S COURSES

SATURDAYS 9:00 AM - 5:00 PM

ONLY \$50 PER CLASS

NOVEMBER 15

BRING BALANCE AND STRENGTH TO YOUR EMOTIONAL LIFE

- HELP CHILDREN WITH BEHAVIORAL PROBLEMS
- IMPROVE CONCENTRATION AND FOCUS
- IMPROVE SELF WORTH
- OVERCOME BAD HABITS
- MOTIVATE YOUR INNER SELF
- IMPROVE CLARITY AND MEMORY
- ENHANCE RELATIONSHIPS
- GET RID OF OVERLY-CRITICAL ATTITUDES

HOW TO WORK WITH FLOWER REMEDIES

CALL TO RESERVE YOUR SEAT IN
THIS FUN, LIFE CHANGING COURSE!
989-773-3636



Try the NCC Members Get-A-Way!

Become a member of the Naturopathic Community Center for \$5 per year and make use of the extraordinary accommodations at our new location.

Members can choose a *Couples Health Escape*, *Girls Over-Night Out*, *Family Retreat*, or even an *Employees Appreciation Mini Vacation*. Choose from several themed bedrooms with two single beds or one room with a queen and a single bed. There are three full bathrooms for you to use, a fully furnished kitchen, and large dining/relaxing area. Best of all, you have the entire evening to enjoy all the great amenities of the Therapy Room. You can shake it up on the body vibe, get a great massage on the Migun bed, visit with someone while you sit in the two person sauna, do a detoxing foot soak, relax on the magnetic bed and even get a workout on the exercise and toning tables. This incredible opportunity is for members and their guests only!

The cost is \$75 per person for the first night and an additional \$20 if you require a second night. It's a refreshing and affordable option for this year's get-a-way. Walk downtown for dinner, make your own breakfast, and enjoy the fresh morning air on the café style patio. Weekdays are easily reserved and a few weekends are available each month.

CALL 989-773-1714 to reserve your time.

Healthy and Unique Cooking Classes



Every Other Tuesday Night in the House

From 6:30 pm - 8 pm

No Registration needed, a \$5 donation will help with food cost.

Learn to use: healthier ingredients; how to make your own foods like cheese and butter; how to can; how to use spices, and much more!

October 14th - Sauerkraut and Fermented Foods

(These foods are high in enzymes and are necessary for healing.)

October 28th - Soup Stocks and Basic Sauces

(Save money and avoid preservatives with these simple recipes.)

November 11th - Traditional Mozzarella & Ricotta Cheese

(Yes, you can make your own cheese, and it's fun!)

The next newsletter will list the January/February classes; call us with your ideas and where you need help!

Lunch Time Yoga and Qi Gong Classes

12 - 12:30

Yoga Monday & Thursday
Qi Gong Tuesday & Friday

Each class is only
one ticket (\$4)



Wear comfortable clothes
and bring a yoga mat
(if desired).

No registration necessary!

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.

Come to the back double glass door entrance marked "NITE."

October 21, 2008 How to Deepen Your Personal Intimate Relationship

November 4, 2008 How to Avoid Stomach Problems and Acid Reflux.

November 18, 2008 Homeopathics for Coughs, Colds, and Fevers.



Look for all new topics and a new schedule for 2009 in the next newsletter.


