

Naturopathic Community Center

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



Old-Time Community Dances

Second Thursday of every month from 7-10pm

\$20 per couple or \$10 per individual

July 9 - Starry, Starry Night

August 14 - Nifty 50's

September 10 - September Swing

October 8 - Sweetest Day Dance

November 12 - Enchanted Ball (price will be slightly more)



**Yoga and Qi Gong
Classes**

Monday and Thursday:
Yoga

Tuesday and Friday:

Qi Gong

12-12:30pm

Only one ticket per
class!

Free Cooking Classes



JULY 28 - KOMBUCHA AND KVASS FOR
LONGEVITY

AUGUST 11 - NAVIGATING THE GROCERY STORE FOR
HEALTHY FOOD

AUGUST 25 - KNOW YOUR FATS AND OILS

SEPTEMBER 8 - SUBSTITUTING INGREDIENTS IN
RECIPES

SEPTEMBER 22 -QUICK BREADS FROM SCRATCH:
ROLLS AND TORTILLAS

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

Laymen's Courses



Saturdays, 9am to 5pm

August 8 Gentle Pain Relief through
CranioSacral Therapy

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.



Civil War Camp

This year, the NCC is happy to host a Civil War Camp for kids on 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 pro-

vided 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.

Survival Classes

Learn how to save your life!

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
Group Shelters

Survival I and II are \$199 each. The Open Class is \$150. All are welcome to learn skills such as shelter making, fire-building without matches, navigation, tracking, safe foods of the wilderness, and more!



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.

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| July 21, 2009 | Are You Absorbing the Nutrients Your Body Needs? |
| August 4, 2009 | Getting in Tune with Your Fertility Signs |
| August 18, 2009 | Using Quality Essential Oils for Aromatherapy |
| September 1, 2009 | What To Do About Mercury in Your Teeth |
| September 15, 2009 | Grow Your Own Herb Garden |
| 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 |




