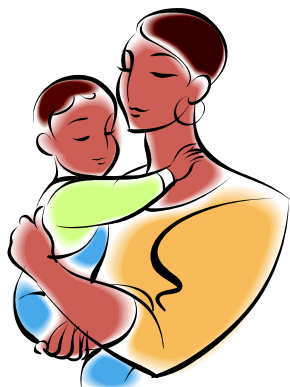


# Naturopathic Community Center

*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.

- \* Every Third Thursday
- \* 3-4pm
- \* Naturopathic Community Center

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

### Zen Meditation

Wednesdays beginning  
February 24, 2010

6:30-7:30pm

All levels of experience  
welcome.

Wear comfortable  
clothes and bring a towel  
to sit on.

## Free Cooking Classes

MARCH 2 - HOMEMADE AND HEALTHY PACKED LUNCHES

MARCH 16 - DIPS FROM SCRATCH

MARCH 30 - SNEAKING IN THE VEGGIES

APRIL 13 - PREPARING THE BODY FOR CLEANSING

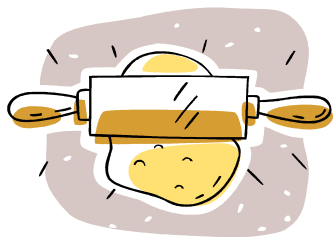
APRIL 27 - ETHNIC CUISINE FROM INDIA

MAY 11 - CRACKERS FROM SCRATCH

MAY 25 - GETTING GOOD FATS INTO RECIPES

JUNE 8 - MAKING SOURDOUGH BREAD

JUNE 22 - MAKING MOZZARELLA CHEESE

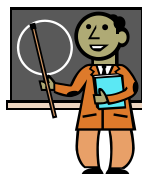


**CLASSES BEGIN AT 6:30PM**

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

## New Mini 6 Course Series

Always wanted to join the  
Naturopathic Institute? Maybe the timing  
or the funds didn't work out,  
here's your chance!



Saturdays, 9am to 5 pm

- |          |                              |
|----------|------------------------------|
| Mar. 20  | Foundation in Natural Health |
| Apr. 10  | Real Food Nutrition          |
| May 1    | Muscle Testing               |
| June 12  | Herbalism                    |
| Sept. 18 | Homeopathics                 |
| Oct. 9   | Essences and Essential Oils  |

Pre-registration is required.

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

Call 989-773-3636 to register.

## Alumni Plus Education - The Deep Stuff!

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.

1. **Minerals for the Genetic Code** March 28, 2010 (Sunday)  
with author Dr. Richard Olree
2. **The Big FAT Lie: Fats, Oils, and the Cholesterol Myth**  
with Kathryn Doran- Fisher, ND April 23, 2010 (Fri., 9-4pm)
3. **Astrology I**  
with Laura Allmacher, CN May 8, 2010
4. **Astrology II** June 5, 2010  
with Laura Allmacher, CNT



These classes are open to the public. Each class is \$89, and is held on Saturday from 9am to 5pm (unless otherwise noted).

Registration and payment must be made at least two weeks prior to the class. To register, call 989-773-1714.

## New 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.

## Celebrating 14 Years of Free 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.

February 23, 2010	Beating Winter Blues with Bach Flowers
March 9, 2010	The Benefits of Juicing
March 23, 2010	Weight Loss for Body Types
April 6, 2010	Minerals You Might Be Missing from Birth
April 20, 2010	Feng Shui: Decorating Your Home for Good Energy
May 4, 2010	Change Your Environment to Improve Your Health
May 18, 2010	Natural Remedies for Anxiety and Depression
June 1, 2010	The Science of Emotions and How They Affect Health
June 15, 2010	Balancing Chakras with Energy Work
June 29, 2010	Using Sound and Color to Heal





---

---

---