

Naturopathic Community Center

503 East Broadway Street
Downtown Mount Pleasant
(989) 317-4787



The Naturopathic Community Center (NCC) is a non-profit organization dedicated to educating and serving the community with Natural Health.

At the NCC, we offer several events throughout the year that appeal to everyone.

Tuesday Teaching 2020! What a great lineup of this year! Classes carry the theme of physical, emotional and spiritual healing through the knowledge and wisdom of natural health for all ages. Join us for these amazing free events! Classes are on Tuesday evening's, 6:30 p.m.—7:30 p.m. There is no need to sign up, simply show up, learn, and apply this incredible knowledge to better you and your families health, longevity, and personal development. Light refreshments are provided, and instructor donations are accepted, but not expected. Classes are held in the Institute classrooms.

Also, one Tuesday of each month, we offer **Healthy Eating** classes. These classes focus on healthy food preparation with a menu lineup that helps you set a healthy and fun meal on your table for you and your family to enjoy. **Classes are scheduled from 6:00 - 7:30 p.m., meeting in the NCC Kitchen at 503 East Broadway Street.** We have a new instructor this year that will surely wake up your taste buds! This series will start in February 2020. There is a requested donation of \$5 to help cover the costs of supplies. This year's hands-on classes are sure to be fun, timely and delicious with some popular topics like: Cooking for Your Heart, Keto and Paleo Cooking, and Plant Food.

Saturday / Sunday Seminars for 2020 are popular, fun, enriching, and hands-on experiences for all family members. They are open to the public, health professionals, doulas, massage therapists and alumni. Great classes for professionals looking for CEUs for licensing requirements. The cost varies depending on the seminar. Seminars **do** require preregistration and payment. Please call (989) 317- 4787 to reserve your spot. Meals are on your own. Keep reading to learn more about each seminar, and then, sign up right away.

These classes will fill quickly.

Look inside for a year full of learning opportunities!
You can also check for updates on the NCC Website:
www.naturopathiccommunitycenter.org

Tuesday Teachings 6:30—7:30 p.m.



Jan 7: How to Balance Your Hormones Naturally
Jan 14: Face Analysis: Outward Signs of Inward Problems
Jan 28: Understanding Ayurvedic Medicine
Feb 4: Stress Reducing Remedies for Children and Parents
Feb 11: Learning the Emotional Roots of Disease
Feb 25: Healing Anxiety without Side Effects
Mar 3: Homeopathics for the Flu Season
Mar 10: The Roots of Traditional and Modern Medicine
Mar 24: How to Make Your Own Essential Oil Blends
Mar 31: Mantra Purusha: Your Voice to Heal Physically/Emotionally
April 7: Three Historical Remedies Used for Cancer
April 14: Top Homeopathics for Your Medicine Kit
April 28: Natural Remedies for Memory, Focus and Concentration
May 12: Amino Acids for Anxiety and Depression
May 26: Understanding the Chakra System in Detail
June 2: How to Get Heavy Metals Out of Your Body
June 9: Acupressure Points for Weight Loss
June 23: What is Hidden in Your Food? Understanding Food Labels
June 30: Healing Headaches, Migraines and Spinal Injuries Naturally



Healthy Eating Classes 6—7:30 pm (\$5 Donation)

Feb 18: Food From The Heart For The Heart: Learn what foods best support heart health and how little changes can make big differences. Share The Love!
Mar 17: Spice Up Your Life! Learn how to cook with herbs, spice and roots. Harvest some of our earths most powerful plants that will ignite your taste buds and restore your energy. Spice Feeds Creativity!
April 21: Plant Forward Cooking! Learn how to cook making plants and vegetable center stage on your plate! You don't have to be vegan or vegetarian to enjoy and benefit from the powerful punch eating fresh veggies can bring to any meal. Satisfying & Delicious!
May 19: Green Juice & Smoothies! Learn more about juicing and the foods that make the most powerful blends. Smoothies are full of nutrients and flavor they can jump start your day or be a replacement for any meal. Cheers!
June 16: Keto & Paleo Cooking: Learn how using simple clean ingredients can be so healthy and so good. Spend less time in the kitchen and enjoy your food more than ever. Bon Appetite!

Put these dates on your calendar: **July 21, August 18, September 15, October 20 and November 17** for the reminder of Healthy Eating Classes.

Seminars and Workshops

January 18 (9 a.m.—5 p.m.) Origin Point Medicine (OPM)

This class teaches the history, principles, and techniques of Origin Point Medicine. OPM is a simple and effective method that can be implemented at anytime and anywhere to improve the body's self-healing mechanism. Dr. Chang Chao Han from Taiwan discovered this method when helping his wife with cancer in 2002. Since then, he conducted clinical trials and research on thousands of patients to develop a perfected system. Dr. Wang believes that OPM is the easiest, fastest, and most effective way to help people with pains in their body, and that is why she uses it in her practice. This is a hands-on class with immediate results! Instructor: *Guijie Joyce Wang, ND* **Seminar Tuition: \$89**

February 1 (Half Day / Full Day Session) Social Media Marketing 101 & 102

Social Media Marketing can be a challenge for the tech savvy and non-tech savvy alike! We are providing students, technology amateurs and professionals a way to better get their messages, services and products out to their target clients and customers. This way of communication is how the majority of our population seeks out information. If you want to grow your business, this class is a must! Taught by one of the top Social Media experts in the Midwest, Mandy Owens. Start with the 8 a.m. to 12 p.m. session; it is a well rounded introduction and foundational understanding of social media, for \$50. Take the afternoon session from 1 p.m. to 5 p.m. to learn navigation, what to post, how often to post, how to respond to others and how to use automation to save you time, for \$50.

Take both for only \$89!

February 2 (Sunday 9 a.m.—5 p.m.) How to Parent Confidently in Uncertain Times

This course will help you parent/grandparent using natural health and common sense solutions for everyday illnesses and parenting challenges! Parents are on the frontline day in and day out, and it's hard to know where to turn for trustworthy advice, especially when crisis strikes. From teething to fevers to sleep issues, let's take a day to expand your parenting resources with safe effective natural remedies. Gain this and so much more from our Midwife Instructor Beth Barbeau, CPM, LM, who has over 30 years experience and 1,000+ parenting household's benefiting from her art and science. **Seminar Tuition: \$89**

February 22 (9 a.m.—5 p.m.) Advanced Social Media Marketing

For those who are already comfortable with social media and want to add marketing skills or for those who took the **101 & 102** classes, this seminar is for you! Instructor Mandy Owens will elevate you to a whole new level of marketing using the momentum and science of Social Media in your business plan. This creative fun class will inspire and help you meet goals! **Seminar Tuition: \$89**

March 7 (9 a.m.—6 p.m.) Homeopathic Solutions to Behavioral Challenges in Children

A review of the major mental, emotional, and behavioral health concerns of childhood, including ODD, ADHD, Anxiety, Depression, and Pans/Pandas. How to identify the differences of each diagnostically, and discuss how to find the closest simlism to the child. Proven remedies and cases will be visited, as well as practice cases. To get the most out of the class, at least three years of Homeopathy will be useful but not required. Bring your reference books. Instructor Jackie Featherly, ND **Seminar Tuition: \$89**

Seminars Continued:

March 8 (Sunday 9 a.m.—5 p.m.) What Prescription Medicines Do to the Brain and Understanding Cerebral Spinal Fluid

Learn the highest level of research and information from one of natural health's greatest minds, Dr. Richard Olree, as he spells out the chain of events that occur when minerals, vitamins, amino acids, and man-made products are taken into the brain. Dr. Olree will explore the 20% of the immune system that lies beyond the gut biome in the Cerebral Spinal Fluid. The entire experience will help you understand how to prevent, clean, and heal from the current intentional and unintentional exposures to neuro-immune toxins.

Seminar Tuition: \$89

April 25 (9 a.m.—1 p.m.) Natural Parenting Conference: Navigating Your Natural Health Care Team

What does "Natural Health Care" look like for your family? What type of providers are available, and what kind of care do they have to offer? Whether you are just beginning to navigate the journey of natural parenting or you have been on the path for awhile, we have information and guidance we are excited to share with you! Topics covered will include fertility, birth and vaccine injury recovery. Among the speakers from across the state will be featured speaker Midwife Beth Barbeau, CPM, LM. Beth is a Traditional Midwife, Childbirth Educator and Resonance Repatterning Practitioner, with over 30 years of natural health and childbirth experience. We are also honored to welcome family Chiropractor Dr. Dustin McIver. With a focus on prenatal and pediatric chiropractic, he is committed to educating his patients and guiding them toward optimal health. **Seminar Tuition: \$50**

May 9 (9 a.m.—1 p.m.) Hormone Disruptors are Clogging Our Bodies: Learn How to Get them Out!

Is it your thyroid, perhaps your adrenals, that are tired? Folks are simply not feeling well, and the hormone test from your doctor may or may not say you are in balance, but the bottom line is you don't feel good! Take an in-depth look at what disrupts the glandular flow in the body, what the hidden environmental and food factors are, and most importantly, learn how to avoid and clean them out. Each of us can easily have one hundred to two hundred or more of these disruptors hiding within our own tissues. Improve long-term blood sugar, mood, weight balance, energy, and drive as your instructor, Dr. Amy Jo Howard, takes you deep within the Biology of Hormones. **Seminar Tuition: \$50**



Natural Sustainability - A Series of Hands-On Classes to Help You Live a Sustainable Life May 22—May 31

Class is limited to 15 students. Register early to save your spot.

May 22—25 (Friday—Monday) Cordwood Building—Part 1

A completely hands-on course in cordwood structures and foundations that will be a usable four-season sauna by the end of Part 2 (May 29-31). Camping on-site is free (other accommodations available), and two instructors will work side-by-side to help you and your classmates build this amazing, fun, duplicatable and inspiring structure. Students are welcome to stay the entire week for both Cordwood Courses and afternoon classes. A discount of 10% will apply for taking both Part 1 and Part 2. Those working during the week on the project can earn a scholarship to both afternoon classes as a work/trade opportunity.

Seminar Tuition: \$399

May 27 (Wednesday, 4 p.m.—8 p.m.) Constructing a Cob Oven

This afternoon class from will teach you how to build your own oven for incredible bread, pizza and beyond. A great hands-on learning experience! **Seminar Tuition: \$50**

May 28 (Thursday, 4 p.m.—8 p.m.) Building An Outdoor Sun Dehydrator

This afternoon class will give you the hands-on experience to build your own Sun Dehydrator which is even better for food preservation than electric systems. Capturing sunlight into your food brings qualities beyond other forms of preservation. **Seminar Tuition: \$50**

May 29—31 (Friday—Sunday) Cordwood Building—Part 2

Learn how to complete a cordwood sauna structure by working on the cordwood itself, installing the wood stove, and making unique interior touches. Students will learn all the key pieces needed to finish a project in full. Hands-on throughout the entire class with quality time for design questions and more. Free camping on-site (other accommodations available). Students are welcome to stay the entire week for both Cordwood Courses, and a discount of 10% will apply for taking both Part 1 and Part 2. **Seminar Tuition: \$299**

**RESERVE YOUR SEAT FOR ALL!
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The 2020 Schedule

- ♦ Tuesday Teachings
- ♦ Healthy Eating Classes
- ♦ Saturday / Sunday Seminars



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**NCC—Dedicated to Serving the Community
with Natural Health**