

Seminars Continued:

June 12 (9 a.m.—5 p.m.) What the Face? Natural Secrets to Younger, Healthier Skin

Learn how to read what your body is telling you through its largest organ; the skin! Come and gain an understanding of all natural ingredients that will benefit your specific skin type, as well as tips and tricks to achieving a healthy complexion. Whether you're combating psoriasis, acne, rosacea, wrinkles or age spots, this course is designed to open your eyes to the root cause of your skin conditions, while giving all natural suggestions to bring it back into balance! Instructor: Chloe Kolberg, NHE, Naturopathic Esthetician
Seminar Tuition: \$89

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

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

May 27—31 (Thursday—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 (June 4-5). 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

June 4—5 (Friday & Saturday) 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

July 31 (9 a.m.—4 p.m.) How to Help Emotionally Distressed Children Heal through Story

Stories play a crucial role in children's development – through the ways different characters think, act and overcome difficulties, children gain templates for understanding the world and dealing with the challenges and situations they will meet in life – both now and in the future. And, as all children love stories, this natural affinity provides us with an incredibly powerful, non-intrusive and non-directive way to help emotionally distressed and abused young people. In this course you will learn ways to engage with emotionally distressed children who are often hard to reach because of what they have experienced. Giving children a way to deal with the experiences they have had, offering them hope, understanding and new ways of thinking and feeling about life. Instructor: Sheila Carroll
Seminar Tuition: \$89

October 2 (9 a.m.—5 p.m.) Herbology 101

This fun and compact introduction to Herbology is great for the beginner or seasoned enthusiast. You will explore how herbs support health, get tips for proper identification, and even how to make herbal remedies! Special information will be covered on herbal cleanses and how to know which herbs are best for you personally, because herbs are not a one-size fits all. A light snack will be provided and you will walk away with a remedy you made during class. Taught by Charis Calender-Suemnick, NHP
Seminar Tuition: \$89

October 16 (9 a.m.—4 p.m.) Ancient Truths

Growing older is inevitable; being an elder is a choice. Given the world we live in today, it has never been more necessary for the wise and experienced to step forward to offer insight and leadership. Join storyteller and narrative therapist Sheila Carroll, now in her seventies, as she takes us along the path to becoming an elder. Through story and legend she brings alive the practices and insights of the Elder and explains the three stages of development leading from your 50's to the full crown of wisdom in your 80's and 90's. If you are over 50 and want to make a difference for those coming after you, this seminar is for you. It will show you how to step into your role as an elder and impact the next generation by learning and living the ancient truths of your ancestors, as well as the life lessons of your own journey.
Seminar Tuition: \$89

November 6 (9 a.m.—5 p.m.) Cleansing & the Art of Herbs

Cleansing is an effective way to naturally rid the body of toxins, chemicals, heavy metals and excess waste, while herbal medicine is one of the most common, yet powerful approaches to bringing the body back into balance. This course will guide you through the art of using herbs and their numerous different properties to cleanse and heal the body naturally. Discover more about the art of herbology as a whole, while also learning the best way to cleanse your own, unique body! Instructor: Chloe Kolberg, NHE and Naturopathic Esthetician
Seminar Tuition: \$89

RESERVE YOUR SEAT FOR ALL!

Call (989) 317-4787



2nd Annual
NATURAL HEALTH INDEPENDENCE
FREEDOM FESTIVAL
2021

July 2 - 4 All Are Welcome

Make a
New Tradition



The 2021 Schedule

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



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Call (989) 317-4787

NCC—Dedicated to Serving the Community
with Natural Health

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 Teachings and Sunday Snippets! 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 and Sunday 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.** 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 2021 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 & Sunday Snippets 6:30 - 7:30 p.m.

- Jan 26 What Your Eyes Record about the Shape & Condition of Your Gut
- Feb 2 What Your Eyes Record about the Health of Your Nerves & Glands
- Feb 9 Outward Signs of Inward Problems: Skin, Tongue, & Nail Analysis
- Feb 23 The Biology of Nutrition for Your Man! (gut health, energy, optimism)
- Mar 2 Build Inner Strength in Tough Times
- Mar 9 Understand Your Dominant Gland Type for Weight Release
- Mar 14 How to balance your Glands to Bring Energy & Focus**
- Mar 23 Stop Aching: Understand Your pH Balance
- Mar 30 Advanced Hand Reflexology
- Apr 6 What CranialSacral can do to Heal Your Back & Give True Hope
- Apr 11 Why Amino Acids are Used for Anxiety & Depression**
- Apr 13 Herbs for the Elders
- Apr 27 What Minerals are Needed for Brain Power
- May 11 Simple Hidden Healing Therapies of History
- May 16 How to Clear Yourself from the Negativity of Others**
- May 25 How Simply Affordable Remedies can make Your Medicine Cabinet More Natural
- Jun 1 Heal from the Inside Out
- Jun 8 Advanced Essential Oils Education for: Making Personal Blends, Oils for Cooking, and Emotional Healing & Well Being
- Jun 15 The Top Homeopathics to have on Hand for Acute Conditions
- Jun 22 Natural Remedies for Emergency Ailments
- Jun 27 Healing the Hips and Low Back with CranioSacral**
- Jun 29 Iodine: The metabolism Healer
- Jul 13 Should Children Hear Scary Stories
- Jul 27 Evaluate Your Own Nutrition Levels Through Muscle Response Testing
- Aug 3 Using Food to Heal the Body
- Aug 10 Learn How to Sprout Juice & Compost
- Aug 15 Identify Herbal Medicine Growing Right Here in Town**
- Aug 24 Top Herbs to Grow in Your Garden for Medicine
- Sep 14 How Your Imagination can Heal
- Sep 19 How to Make Healing Salves & Ointments**
- Sep 28 How to Make Your Own Herbal Medicine
- Oct 17 What Every Parent Should Know about True Immunity & Vaccines**
- Oct 24 Making Nutritious Meals: No Recipe Needed
- Nov 2 Relieve Neck & Shoulder Pain
- Nov 9 Making a Flavorful Meal from Fall Vegetables
- Dec 7 The Surprising Health Problems Caused by Parasites & How to Clean them Out
- Dec 14 Healing One Emotion at a time for 2022



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



Feb 16 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!

Mar 16 Plant Forward Cooking! Learn how to cook making plants and vegetables center stage on your plate!

You don't have to be vegan or vegetarian to enjoy and benefit from the powerful punch eating veggies can bring to any meal. Satisfying & Delicious!

Apr 20 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!

May 18 Be a Grill Master: Learn some great marinades and how to grill meats and veggies to perfection.

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.

July 20 Be Heart Healthy Cooking: Learn what foods best support hearth health and how little changes can make big differences.

August 17 Salad as a Satisfying Dinner: Learn how to build salads with power-packed ingredients.

September 21 An Apple a Day: Apples are incredibly good for you. Learn the different types and how to cook with them, while still maintaining their high nutritional value.

October 19 Stuff Your Favorite Veggie: Learn how to cook making veggies center stage on your plate!

November 16 One Dish Wonders: Amazing meals without all the mess.

Seminars & Workshops

February 20 (9 a.m.—5 p.m.) Couples Massage: Building & Maintaining a Physical Connection

Tired of staying home? Missing date night? This is a perfect way to enjoy a late Valentine's Day that you are sure to look back on fondly. You and your partner will have a fun escape into honing your skills of physical touch. There are so many health benefits of massage to the physical, emotional and mental state, and we will look at executions to strengthen all aspects of your overall wellness. This will be an all day adventure into massage, oils and aphrodisiacs to keep the spark alive. All ages welcome! Instructor: *Jodi Hauck, LMT* **Seminar Tuition: \$89**

February 27 (9 a.m.—5 p.m.) Hair Analysis

Dr. Olree is back with an entire day of understanding how to interpret hair analysis. Scalp hair has been widely accepted for the evaluation of toxic element exposure and has been performed by clinical laboratories since it was first used to assess systemic levels of the elements in 1929. Researchers have found correlations between essential elements and diseases, metabolic disorders, environmental exposures, and nutritional status. Hair represents a longer time frame, which can incorporate many years. Since the elements are present in the hair at higher levels, more sensitive and accurate analysis results can be expected. Dr. Olree will use his incredible knowledge and background in minerals to help you better understand the unique correlations between numerous minerals and what hidden story lies within each hair analysis. **Seminar Tuition: \$89**