

Seminars & Workshops

Saturday, February 12 (9 a.m.—6 p.m.) Hot Stones

8 CE Hours (Techniques)

Join us for a hot stone therapy class. This class covers the basic knowledge on how to perform proper techniques in Hot Stone Massage. Hot stones allow the therapist to work deeper into the muscle tissue without using more body pressure. It creates the ultimate relaxation experience for your clients. You will learn how to incorporate hot stones into your full body Swedish massage and stone placement along the spine.

Instructor: *Priscilla Kurash, LMT* **Seminar Tuition: \$89**

Registration and payment due by February 9, 2022 (Late registration Seminar Tuition \$99)

Friday, April 22 (9 a.m.—5 p.m.) CranioSacral in the Mouth

8 CE Hours (Techniques)

Advance your skills in CranioSacral therapy by learning to release tension inside the cranium to benefit nervous and glandular system functions. Special considerations will be given to the health concerns that arise from having worn braces or other dental devices and balancing the restrictions they cause. These advanced techniques help to improve health, focus, mental clarity, hormonal imbalances, and much more. **Prerequisite: CranioSacral training required.**

Instructor: *Amy Jo Howard, ND* **Seminar Tuition: \$89**

Registration and payment due by April 20, 2022 (Late registration Seminar Tuition \$99)

Saturday, May 14 (9 a.m.—1 p.m.) Core Balancing & Alignment: The Pelvis

4 CE Hours (Anatomy, Physiology, Techniques)

Core Balancing and Alignment (CBA) is a technique that focuses on assessing and addressing pelvic imbalances. Using Formal Assessment and Muscle Energy Techniques on specific areas of the pelvic region, the therapist will be able to target problem areas and introduce active, resistive joint movements to improve pelvic alignment. This seminar is hands-on and includes a review of the anatomy of the pelvis. Students should wear loose fitting or stretchy clothes to allow for stretching of the legs and hips.

Maximum participation = 12 Students.

Instructor: *Teri Straus, LMT* **Seminar Tuition: \$50**

Registration and payment due by May 11, 2022 (Late registration Seminar Tuition \$60)

Saturday, July 16 (9 a.m.—6 p.m.) Hot Stones

8 CE Hours (Techniques)

Join us for a hot stone therapy class. This class covers the basic knowledge on how to perform proper techniques in Hot stone massage. Hot stones allow the therapist to work deeper into the muscle tissue without using more body pressure. It creates the ultimate relaxation experience for your clients. You will learn how to incorporate hot stones into your full body Swedish massage and stone placement along the spine.

Instructor: *Priscilla Kurash, LMT* **Seminar Tuition: \$89**

Registration and payment due by July 13, 2022 (Late registration Seminar Tuition \$99)

Saturday, October 1 (9 a.m.—4 p.m.) Active Isolated Stretching

6 CE Hours (Anatomy, Physiology, Techniques)

This seminar introduces the principle of Active Isolated Stretching (AIS) and teaches AIS techniques for the upper and lower body. It will include a review of the anatomy and physiology of the muscles utilized, demonstration of the AIS techniques, and an opportunity for the student to practice the technique. Students should wear loose fitting or stretchy clothes to allow for stretching of the legs and hips. Maximum participation = 12 Students.

Instructor: *Teri Straus, LMT* **Seminar Tuition: \$89**

Registration and payment due by September 28, 2022 (Late registration Seminar Tuition \$99)

RESERVE YOUR SEAT FOR ALL!
Call (989) 317-4787



The 2022 Schedule

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



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**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 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 evenings, 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. Instructor donations are accepted, but not expected. Classes are held in the Institute classrooms.

Healthy Eating 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. **See class descriptions for location and times.**

Seminars for 2022 are popular, fun, enriching, hands-on experiences. They are open to the public, health professionals, doulas, massage therapists, current students, 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. **No refunds after registration deadline.** 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-25 Release Weight According to Your Structural Body Type
- Feb-8 Hand Reflexology to Improve Memory, Sinus Congestion, & Gut Health
- Feb-15 The Eyes are the Window to our Health
- Feb-22 Homeopathic Remedies for Common Childhood Complaints
- Mar-1 Home Décor for Mental & Emotional Wellbeing
- Mar-8 Homeopathic Remedies for all Your Aches & Pains
- Mar-15 Learn Feng Shui to Improve the Romance in Your Relationship
- Mar-22 Top Amino Acids for Fitness, Energy, and Endurance
- Mar-29 Rearrange Your Home to Live Your Happiest, Healthiest Life
- Apr-26 Sound & Color Therapy for Depression
- May-3 Therapies You Never Knew of Lost in History
- Jun-7 A Complete Guide to Women's Health
- Jun-14 Women's Health throughout the Years
- Jun-21 Magnets as a First Aid Therapy
- Jun-28 Common Medicines Found in Your Yard
- Jul-5 Polarity Therapy & the Zodiac
- Jul-12 Magnets for Pain & Inflammation
- Jul-26 How to Make Your Own Herbal Remedies
- Aug-16 Foods for Chronic Conditions
- Aug-30 "Let Thy Food Be Thy Medicine"
- Sep-27 What Every Parent Should Know About Vaccines
- Oct-11 The Dangers of Environmental Poisons & How to Avoid Them
- Oct-25 How to Limit Your Exposure to Environmental Poisons
- Dec-13 How to do a Parasite Cleanse



Healthy Eating Classes



Mar 20: Spring & Summer Meal Preps
Transitioning into warmer weather eating habits: Learn about a spring detox food plan that will naturally take your body and mind into the new season. Learn to make a simple weekly meal plan. **Held at the ELM campus at 5410 S. Vandecar Rd. \$15 per person 2:00 pm - 5:00 pm**

May 17: Bring Spring Learn how to make inspired new dishes with this seasons best ingredients. **Held in the NCC Kitchen - 503 East Broadway Street.** There is a requested donation of \$5 to help cover the costs of supplies. **6:00 - 7:30 p.m.**

Jun 26: Happy Healthy Kids Bring your kids and we will have some fun making kid friendly, easy, healthy meals and snacks. Teach a kid to cook and they have a skill for a lifetime of good health! **Held at the ELM campus at 5410 S. Vandecar Rd. \$20 per family 2:00 pm - 5:00 pm**

Sep 20: Fall Harvest Learn to make dishes with our seasons bountiful fall harvest. Healthy easy dishes everyone will enjoy! **Held in the NCC Kitchen - 503 East Broadway Street.** There is a requested donation of \$5 to help cover the costs of supplies. **6:00 - 7:30 p.m.**

Oct 23: Get Your Warm On: Change of Season—Transition into winter with a meal plan that is hearty and satisfying. Rich and savory dishes without the winter weight gain! **Held at the ELM campus at 5410 S. Vandecar Rd. \$15 per person 2:00 pm - 5:00 pm**

