

# Natural Interventions and Hydrotherapy Workshop

May 6-10 in the Seventh-day Adventist Theological Seminary

[Campus News](#) | Posted on January 24, 2019

**Natural Interventions for Lifestyle Diseases and Hydrotherapy**

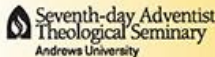
- 30 hours of classroom & practical application  
- 6 hours in hydrotherapy lab
- Cutting-edge, evidence-based science
- Practical information & application
- Go from knowing it to doing it
- Seventh-day Adventist lifestyle health principles
- Fun, inspiration, and interactive Q & A

**Seminary Credit Offered! GSEM 648**

**Where** Andrews University Seminary

**When** **May 6–10, 2019**  
Monday–Friday 8:30 am–6:30 pm

**Info** [andrews.edu/go/nrhw](http://andrews.edu/go/nrhw)  
269-471-3541  
[chis@andrews.edu](mailto:chis@andrews.edu)

 Seventh-day Adventist Theological Seminary  
Andrews University

By: Evelyn Kissinger, workshop director

From May 6–10, 2019, the Seventh-day Adventist Theological Seminary at Andrews University will hold its annual five-day Natural Interventions for Lifestyle Diseases and Hydrotherapy Workshop in the Seminary building (Tan Hall), room N150.

Participants of the workshop will learn the power of natural intervention for lifestyle diseases and hydrotherapy; practical ways to implement natural intervention and hydrotherapy; and how to effectively share these principles with others.

The workshop provides over 30 hours of cutting-edge, evidence-based science with the Seventh-day Adventist lifestyle message through lectures, hands-on learning, lively discussions and Q & A sessions. Topics include the power and practical application of natural interventions for vibrant health, prevention and lifestyle intervention for lifestyle diseases, and neuroplasticity—how the brain changes. Hydrotherapy hands-on labs will show practical hot/cold treatments and massage. You will learn what to do, how to do it and how to get motivated to enjoy living a healthful lifestyle.

The workshop is available for two Seminary graduate credits—GSEM 648 Natural Remedies & Hydrotherapy. The workshop is open to health professionals and community participants for \$375. Attending spouse receives a 50 percent discount.

The workshop director is Evelyn Kissinger, a registered dietitian, health educator, international speaker and designer of wellness programs. Other presenters include the following:

- John Kelly, preventive medicine physician, founding president of American College of Lifestyle Medicine
- Angie David, director, health ministries, North American Division of Seventh-day Adventists
- Sherine Brown-Fraser, chair, Department of Public Health, Nutrition & Wellness, Andrews University
- Dominique Gummelt, director, University Wellness, Andrews University
- Torben Bergland, psychiatrist, health ministries, General Conference of Seventh-day Adventists
- Vicki Griffin, director, Lifestyle Matters, Michigan Conference of Seventh-day Adventists
- Carola Janiak, co-founder and former CEO, Hands-on Medical Massage School, Redlands, California
- Lee Wellard, certified herb specialist

Fill out the registration form and submit payment to hold a place in the workshop. Space is limited to 60 participants, so register early to ensure your spot. The registration deadline is Friday, April 26.

For more information and to register, call 269-471-3541, email [chis@andrews.edu](mailto:chis@andrews.edu) or visit [andrews.edu/go/nrhw](https://andrews.edu/go/nrhw).