

## Natural Interventions and Hydrotherapy Workshop

The Annual Five-Day Workshop will be held from May 4-8

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The Natural Interventions and Hydrotherapy Workshop will be held from May 4-8 at the Andreasen Center for Wellness. (Photo by Christa McConnell)

By: Evelyn Kissinger, workshop director

From May 4–8, 2020, the Seventh-day Adventist Theological Seminary at Andrews University will hold its annual five-day Natural Interventions for Lifestyle Diseases and Hydrotherapy Workshop at the Andreasen Center for Wellness on the campus of Andrews University.

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 and prevention and lifestyle intervention for lifestyle diseases like obesity, diabetes, heart disease, high blood pressure, cancer, dementia, some forms of arthritis, and autoimmune disease.

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 Intervention for Lifestyle Diseases & Hydrotherapy. The workshop is open to health professionals and community participants for \$350. 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
- David DeRose, preventive medicine physician, author, pastor
- Alina Baltazar, director, graduate social work program, Andrews University, author, researcher
- Vicki Griffin, director, Lifestyle Matters, Michigan Conference of Seventh-day Adventists
- Dominique Gummelt, director, University Wellness, Andrews University
- Susan Pallendine, certified massage therapist, hydrotherapy instructor

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 27, 2020.