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HEF: (n.) short for *chef de cuisine*. A skilled cook.

CHOOOL: (n.) a place of instruction.



Wildwood Health Retreat
Feb. 28–March 11, 2010

Herb Gardens



Deserts



Chair Massage

Crock Pot Cooking



Non-dairy Milk



Salad Dressings

Tofu Eggs
Pasta Sauce
Pizza Crusts
Making Granola
Cooking Whole Grains
Studies in Healthful Living
Morning & Evening Devotionals



Soups



Home Hydro



Cost: \$425

(Includes room and vegan meals)

Contact: Mark & Verma Chuljian

Phone: Work 931-724-6706

Home 931-724-5236

email: lykeith@gmail.com



Registration: Registration is by phone. The fee for the seminar is \$425 per person. A deposit of \$125 per person is required to reserve a place in the Seminar, and is non-refundable. To register call Verna at: W: 931-724-6706, H: 931-724-5236. You may charge the deposit on a credit card over the phone.

Arrival Time: We invite all participants to arrive Sunday afternoon (Feb. 28) after 3:00 PM. We will provide a light supper (at 6:00 PM), and then begin our program Monday morning. We will end on Thursday (March 11) after breakfast.

What to bring: All seminar participants will need to bring their towels, pillow, laundry detergent, and other personal items. The Health Retreat will provide bed linens. We expect the weather to be quite cool, so bring warm, comfortable clothes. A few hours will be spent out in the garden, so bring some jeans and work gloves, etc. A pen and paper would come in handy for taking notes. If you have a copy of *Counsels on Diets and Foods*, *Ministry of Healing*, and *Desire of Ages*, please bring them with you. Also bring your apron and dough roller. Bring along some comfortable walking shoes—we have miles and miles of country roads that you might want to explore.

Housing & Food: All participants are provided housing on the Health Retreat campus. Participants will be housed in the Health Center or in a home adjacent to the Health Center; singles will probably have a roommate. We serve an excellent vegetarian diet (no animal or dairy products). Two meals plus a light supper are provided each day.

Computers—Wireless internet access is available; access is limited to designated time periods.

Dress—We ask for your cooperation in helping us to maintain a modest, “minimum distraction” environment both in and outside of the classroom.

Laundry—Laundry facilities are available. Participants should bring their own laundry soap (as well as other personal hygiene items, including toothpaste, soap, etc.).

Telephones—Telephones in the Health Retreat Campus can be used for local calls only. If you desire to make long distance calls you must have a pre-paid phone card.

Alcohol & Tobacco—The Health Retreat doesn't allow alcohol, tobacco, caffeine, or other drugs. We desire to maintain the healthiest environment for our staff and our guests.

Work Contribution—In an effort to keep our prices low (while at the same providing opportunities for our guests to take part in our ministry), we invite all participants to share in housekeeping and clean-up after meals.

Wildwood Health Retreat
P.O. Box 430
Collinwood, TN 38450



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
7-8	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8-9	Morning Devotional	Morning Devotional	Morning Devotional	Morning Devotional	Morning Devotional	Worship Service
9-10	Burgers and Patties	Homemade Whole Grain Pasta	Pizza Crust (And all the fixings.)	How To Cook Whole Grains	Tofu Eggs, 'Egg' Salad, Cubed Tofu	
10-11	Bread	Ricardo's Pasta Sauce	Tortillas And Crackers	Ricardo's Greens and Cabbage	Salad Dressings	
11-12	Pie Crust and Fillings	Balanced Meals: Healthy Adults	Balanced Meals: Health Concerns	Balanced Meals: Pregnancy & Children	Using Oil/Oil Free Cooking Cookies, Banana Squares, Carob Fudge	
12-1	Chair Massage	Chair Massage	Anatomy Of The Back	Learning The Movements	Giving A Back Massage	
1-3	Lunch	Lunch	Lunch	Lunch	Lunch	Nature Walk
3-4	Preparing To Start A Garden	Gardening Saves	Starting Seeds In Pots	Setting Out Plants	Free Time	
4-5	Butters (Nut, Coconut, Date, Apricot, etc.)	Happy packages	Corn Chips	Soy Milk, Tofu & Savory Soy Dishes		
5-6	Introduction To Hydrotherapy.	Hot Foot Bath	Contrast Bath	How To Make Fomentations		
6-7	Supper	Supper	Supper	Supper	Supper	Supper
7-8	Evening Devotional	Evening Devotional	Evening Devotional	Evening Devotional	Evening Devotional	Quiet Time
9	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday
7-8	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8-9	Morning Devotional	Morning Devotional	Morning Devotional	Morning Devotional	Departure
9-10	Crock Pot Cooking	Potatoes, Fries, Hash Browns, etc.	Nut Loaf	Meat Balls	
10-11	Potato Soup	Granola, Squash Cookies	Savory Pies	Soups	
11-12	Making Veggies Special	Vegetarian Milks	Cakes (Banana)	Making Fomentations	
12-1		Chair Massage	Chair Massage	Anatomy Of The Back	
1-3	Lunch	Lunch	Lunch	Lunch	
3-4	Free Time	Planting Seeds	Planting An Herb Garden	Harvesting: When? How?	
4-5		Savory Soy Dishes	Preventing Obesity	Preventing Hypertension	
5-6		Using A Fomentation	Practice With Fomentations	Charcoal & Heating Compresses	
6-7		Supper	Supper	Supper	
7-8		Evening Devotional	Evening Devotional	Evening Devotional	
9		Quiet Time	Quiet Time	Quiet Time	