

# Country Living In The Last Days

Practical Skills for Independent Christian Living



**Building Captain's Beds**  
Installing A Toilet  
Installing Hardwood Floors  
Residential Wiring: Adding a Subpanel



**Making Bread & Soy Milk**



**Winter Gardening**



**Ointments  
Tinctures  
Herbs**

**Morning and Evening Devotionals:  
Closing Events: The Sequence**



The Coming Crisis  
Sunday Law  
Leaving the Cities  
Loud Cry  
Latter Rain  
Sifting and Shaking  
Close of Probation  
Jacob's Trouble  
Seven Last Plagues  
Second Coming



**Home Hydrotherapy**



**Food Preservation**



Where: Wildwood Health Retreat  
When: Sept. 19-26, 2010  
Cost: \$279 (Includes room and vegan meals)  
Contact: Darlene Keith  
Phone: 931-724-6706  
email: darlenekeith@gmail.com  
wildwoodhealthretreat.org

# Country Living In The Last Days

## Practical Skills for Independent Christian Living



**Registration:** Registration is by phone. The fee for the seminar is \$279 per person. Children under 12 receive a 50% discount. A deposit of \$75 per person is required to reserve a place in the Seminar, and is non-refundable. To register call Lew or Darlene Keith: W: 931-724-6706, H: 931-724-2443. You may pay the deposit online using a credit/debit card: Go to [www.wildwoodhealthretreat.org](http://www.wildwoodhealthretreat.org) and click on the “Pay Deposit” tab.

**Arrival Time:** We invite all participants to arrive Sunday afternoon (Sept. 19) 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 Sunday (Sept. 26) after breakfast.

**What to bring:** All seminar participants will need to bring their water bottle, towels, pillow, laundry detergent, and other personal items. The Health Retreat will provide bed linens. We expect the weather to be cool, so bring a light jacket and comfortable clothes. A pen and paper would come in handy for taking notes. 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. Families will be housed in the Health Center. Singles will probably have a roommate and will be housed in the Health Center or in a home adjacent to the Health Center. 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. Cell phones work, but reception is sporadic.

**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.

**Credit Card Surcharge**—When credit cards are used (except when making a seminar deposit), we add a 2 1/2% charge (3 1/2 % for American Express). This covers the cost of accepting credit cards, and helps us keep seminar prices affordable.

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