



Wildwood

L I F E S T Y L E C E N T E R

LIFESTYLE CNA

INTENSIVE TRAINING PROGRAM

HANDBOOK

Learn traditional and wholistic in-home methods

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WILDWOOD LIFESTYLE CENTER

Welcome

Thank you for your interest in the Wildwood Lifestyle Center's Lifestyle CNA Intensive Training (LCIT). We have prepared this handbook to help you become familiar with our Intensive Training program. In this booklet you will also find information about the privileges and responsibilities you will have as a member of the Wildwood community.

At our Lifestyle Center we welcome guests dealing with various medical concerns, such as cancer, diabetes, hypertension, depression, and others. Providers also offer consultations for outpatients through mental and spiritual counseling, lifestyle education, phytotherapy and hydrotherapy, among other treatments.

As global leaders on natural medicine, we are well known for providing an atmosphere that encourages spiritual growth and helping others find the more abundant life God has promised.

The LCIT is providing a training that equip our students with a thorough knowledge of medical missionary work that is in line with Scripture and the inspired writings of Ellen White.

If you have further questions after going through this handbook, please do not hesitate to email or call us at onlineschool@healthevangelism.com or +1 (706) 419-0030 (ext. 1245) for the Online Portion and for the Onsite Portion vlinconir@wildwoodhealth.org or +1 (706) 820-7457 (ext. 1018). We look forward to hearing from you.

Mission Statements

Wildwood cooperates with God through healing, educating, and empowering people for the restoration of humanity.

The Lifestyle CNA Intensive Training equips health educators and professional with wholistic home care skills as we help the whole person naturally.

Historical Sketch

In January of 1942 a self-supporting evangelistic team of medical missionaries (including elder W.D. Frazee, one of the leaders of the group) moved to a 500-acre farm nestled in the beautiful hills of northwest Georgia and southern Tennessee. Wildwood Sanitarium Incorporated was founded as a non-profit organization committed to medical missionary work and training around the world. All of this would be done in harmony with the principles of the Seventh-day Adventist Church.

For over 80 years, the Lord has supplied means, funds, materials, and staff as needed. Teachers, students, workers, nurses, and physicians have faithfully shared in making the envisioned plan a reality. God has blessed our determination to provide a place outside the city where the sick can come to find healing and learn principles of health and salvation, and to train thousands of medical mission-aries who can go out to continue the work.



WHY MEDICAL MISSIONARY WORK?

“We have come to a time when every member of the church should take hold of medical missionary work.” **7T, 62.**

There is something in medical missionary work that draws people. “As the medical missionary works upon the body, God works upon the heart.” **14MR 271.5**

“As through it, men and women are led to see the importance of right habits of living, the saving power of the truth will be made known.” 7T, 59. Thus, medical missionary stands as the most successful work to be done “in new fields” as in “every city”. **See MM, 239; 7T, 59.**

What would it happen if we all took Jesus as our pattern? The divine counsel states, “God desires His people to bind medical missionary work up with the work of the third angel’s message. This is the work that will restore the moral image of God.” **MM, 160.**

And expanding on this principle, she states, “If our ministers would work earnestly to obtain an education in medical missionary lines, they would be far better fitted to do the work Christ did as a medical missionary. By diligent study and practice they can become so well acquainted with the principles of health reform that wherever they go they will be great blessing to the people they meet.” **MM, 239.**

Christ leaves this commission with the disciples and with all who should hear them and become sincere, true believers, who would be successors to the ministers of the gospel. This gospel of the kingdom was to be transmitted from generation to generation, from age to age. They were not to wait for the people to come to them, but to go to the people, to hunt them as lost sheep are hunted. In like manner we are to bring the gospel message from door to door. With a pleasing address, let us become acquainted with the people in every place. Let the gospel message be carried to all nations, kindreds, tongues, and peoples. **18LtMs, Ms 185, 1903, par. 9**

The distribution of books containing the truths of God’s Holy Word is a means of revealing to the world the practical results of the Christian religion. As consecrated workers with hearts filled with love for perishing souls go from door to door, men will take knowledge of them that they have been with Jesus **25LtMs, Lt 24, 1910, par. 17**

The Lord is coming. Let the message of preparation sound forth everywhere. Let it reach from heart to heart, from home to home, from country to country. There are many who are waiting for this message **19LtMs, Lt 199, 1904, par. 8**



LIFESTYLE CNA INTENSIVE TRAINING

Who is the Intensive Training for?

- Individuals wanting to do In-home Non-medical healthcare services
- Refresher course for former MM school students
- Wanting to become a CNA with natural remedies skills
- Those who want to be hired to work in homes through Project 144 Lifestyle Referral Agency
- Those who want to work for Wildwood's Extension Services department

Prerequisites for Enrollment

Christian individuals motivated to learn about lifestyle medicine, natural remedies, and in-home care are eligible to enter the program. If you are under the age of 18 you need to have written approval of a parent or legal guardian to take the training. You must be proficient in the English language (verbally, in writing, and reading). Lastly, you will need internet that is fast enough to stream video content. You will need to have a green card or be an American citizen to take Section 3 the CNA Training.

Enrollment Process

Once a participant fills out an application form and pays for the enrollment fees, the Lifestyle CNA Intensive Training coordinator will set up student's account and provide access to the online platform. This happens within two business days. Each account is personal and not transferable.

One can start the online training at any time. The online classes has to be completed and passed before starting the onsite classes.

Online Course Materials information

All the materials needed for the online course are available online, including videos, reading materials, quizzes, and assignments. All the reading materials used for the online course are in syllabus or e-book format and have been put together by Lifestyle CNA Intensive Training Coordinators. These will only be made available to students who take the training.

Course Description

Our Lifestyle CNA Intensive Training is composed of five (5) sections that include both theoretical and practical classes.

Section 1 is the online portion of the training takes around 3 months must be completed.

Section 2 is a 5 week onsite training including hands-on classes, shadowing providers, and developing business skills.



Section 3 is a 6 week CNA training program that prepares students to work in hospitals, nursing homes, residential care facilities, or provide in-home care.

Section 4 is our 4 week practicum consisting of actual working experience as a lifestyle coach and elderly care aide in the Lifestyle Center with clients

Section 5 is our 2 week practicum consisting of actual working experience in a client's home.

CURRICULUM

The Lifestyle CNA Intensive Training includes all the classes listed below, divided into four (4) sections. The detailed curriculum is available online at <https://wildwoodhealth.org/lcit>.

SECTION 1 - ONLINE CLASSES

Online Classes	Starts October 2022
Herbal Remedies	Principles of Health and Healing
Basic Lifestyle Physiology	Depression Recovery
Hydrotherapy Theory	Principles of Mental Health

SECTION 2 - ONSITE CLASSES

On-site Classes	Starts January 8, 2023
DISC Wellness - Understanding Personalities	Hydrotherapy
Common Diseases And Natural Remedies	Serenity Solutions - 8 Essential Laws To Life
Mental Health First aid	Lifestyle Coaching
Spirituality & In-Home Care	Botanical Medicine
Gospel Salesmanship & Plant Based Cooking	Home Etiquette And Professionalism
Client Assessments	Case Studies/Shadowing/Follow-Up
Mental Health And Application Sessions	Client Meal Planning And Grocery Shopping Trip
Basics In Physical Therapy	Learning How To Do Follow-Up Calls

SECTION 3 - CNA TRAINING

This program prepares students to work as Nursing Assistants (NAs) in hospitals, nursing homes, or residential care facilities. Through classroom lectures, campus labs, and clinical training, participants learn the skills required of NAs.

The Nursing Assistant program is a total of 144 contact hours consisting of:

- Class room – 72 contact hours



- Campus lab – 24 contact hours
- Supervised Clinical - 48 contact hours
- Classes will be held from 9 am – 3 pm four (4) days per week (Monday – Thursday)
- The program will take 6 weeks to complete
- The first 3 weeks (72 contact hours) will be spent in class
- Week 4 (24 contact hours) will be spent in campus lab
- Weeks 5 & 6 will be spent in supervised clinical (48 contact hours)

SECTION 4 - PRACTICUMS

Practical experience with actual clients to put your skills and knowledge to the test.

- 2 weeks - Working as a lifestyle coach and doing hydrotherapy treatments on lifestyle guests
- 2 weeks - Working in the Elderly Care department and conducting cooking classes

SECTION 5 - PRACTICUM

This is the final experience with an actual client in their home providing lifestyle medicine.

- 2 weeks - Working in a client's home providing a Homestyle program

GRADING SYSTEM

A course teacher is there to monitor trainees' performance, and support and encourage them in their learning experience. Trainees' scores will be based on written and practical assignments, exams, overall participation, demonstration of practical skills, and technical proficiency.

Grade reports are issued at the end of each class, and overall GPA at the end of the course. Any corrections and grade changes must be made within two weeks of the date when grades are issued. All grades become final after this date.

Trainees who fail to pass onsite classes will have the option to come back to repeat that class at a cost. The highest grade will be used.

The Grading Scale

A 4.0 (100 – 93%)	C+ 2.3 (79 – 77%)
A- 3.7 (92 – 90%)	C 2.0 (76 – 73%)
B+ 3.3 (89 – 87%)	C- 1.7 (72 – 70%)
B 3.0 (86 – 83%)	F 0.0 (69% or less)
B- 2.7 (82 – 80%)	Incomplete 0 points



Satisfactory Progress

Trainees are expected to maintain a B+ (86 - 83%) average or higher for each class.

Certificates

Upon satisfactory completion of the Lifestyle CNA Intensive Training, the trainees are rewarded the following certificates of completion:

- Hydrotherapy
- Physiology and Common Diseases
- Certified Nursing Assistant (CNA)
- First aide and CPR
- Mental Health First Aide
- Lifestyle Coaching
- Total Plant-Based Disease Treatment Cooking

FINANCES

Full Course Cost

Lifestyle CNA Intensive Training	4 1/2 Month Training \$5,500
Online Classes	3 months online access
Onsite Classes	5 weeks
CNA Training	6 weeks
Practicum with Clients	6 weeks

Payments

Campus price is \$6,110. A discount is now available, making the price \$5,500 and \$3,600 for CNAs and Nurses.

- **Full Training** - \$5,500
 - To begin Section 1 of the Training, \$1,850 has to be paid to start taking the online classes.
 - To begin Section 2 - 4 of the Training, \$3,650 plus the \$100 security deposit are due the day before onsite classes start.



- **For CNAs and Nurses - \$3,600**

- To begin Section 1 of the Training, \$1,200 has to be paid to start taking the online classes.
- To begin Section 2 - 4 of the Training, \$2,400 plus the \$100 security deposit are due the day before onsite classes start.

Commuter price is \$4400. A discount is now available, making the price \$4356 and \$2456 for CNAs and Nurses.

To begin Section 1 of the Training, \$1,452 has to be paid to start taking the online classes.

To begin Section 2 - 4 of the Training, \$2,904 plus the \$100 security deposit are due the day before onsite classes start.

Security Deposit

The security deposit of \$100 is fully refundable at the end of the program, given that all financial responsibilities are taken care of and no damage has been done to Wildwood Sanitarium's property.

Access

You are granted one-year access to the online classes from the time you started the online classes. The fee for an additional year of access to the online course is \$100.

Payment plan

Our payment plan includes paying the for each section before you are able to begin. If you are not able to make payment before each section, we are expecting you to leave the program. You are allowed to come back to finish the training to receive the certification of completion when the training is offered again.

- **For the Full Training**

- **Section 1** - \$1,834 - Before Online classes can start
- **Section 2** - \$1,833 - Before section 2 Onsite classes starts
- **Section 3** - \$1,833 - Before section 3 CNA Training starts

- **For Nurses and CNAs**

- **Section 1** - \$1800 - Before Online classes can start
- **Section 2** - \$1800 - Before section 2 Onsite classes starts

Refund Policy

The **online portion** is 100% minus the cost of administration fees if it is requested within the first three days after a student account was made. After this three-day time period has elapsed, students are eligible



for a 50% refund minus the cost of administration fees within 30 days of when the account was made. After these 30 days have elapsed, a refund will not be given.

If refund request is within the first three (3) days after **Section 1** has begun, 100% of the onsite cost minus the cost of administration fees, room and board, and any other fees you may have obtained will be refunded. After this three-day time period has elapsed, a refund will not be given. You are allowed to come back to finish the training to receive the certification of completion when the training is offered again.

WILDWOOD GUIDELINES

Dress Code

- Understanding that proper dress helps in our personal witness for Christ, we ask that all staff and students wear modest, neat, clean, attractive, sensible, and practical attire in a way that is current to the times, using colors that are complimentary, or matching.
- Sleeveless, cap sleeves, low-necked tops, and clinging or see through materials are not to be worn by men or women.
- Women are expected to wear dresses or skirts at all times. All dresses or skirts must fall well below the knee whether the wearer is standing or seated. Slits in dresses will only be acceptable if the slit is also well below the knee whether the wearer is standing or seated and if the dress is loose fitting.
- If women wish to wear slacks, they must be worn under a proper length dress when in public. Note: It would be best to have slacks and dress color coordinated. Culottes are permitted if they are feminine in appearance, loose fitting, have the general appearance of a skirt and meet the guidelines of the second bullet. They are not to be worn in any Wildwood business, in class, or at church services.
- Men can wear shorts if they go below the knee when the wearer is seated, and are not to be worn in any Wildwood business, in class, or at church services.
- The wearing of a wedding ring or any other type of jewelry is not acceptable.
- This does not include tie tacks or broaches.
- Generally speaking, make-up is not to be worn aside from any deemed necessary for corrective measures.

If you cannot afford to change your wardrobe to meet these standards for financial reasons, please talk to one of the LCIT coordinators.

Relationships

There are to be no courtships or “special” friendships between trainees and students going through the six-month Health Evangelism training or students going through the work scholarship program.



Worship/Vespers

We encourage all trainees to attend and participate in prayer meetings on Tuesday evenings as well as vespers on Friday evenings.

Disciplinary Procedure

Wildwood Lifestyle Center and Clinic reserves the right to dismiss any trainees without a refund who consistently fails to comply with the institution's rules.

CAFETERIA

A plant-based breakfast and lunch are served in the student cafeteria seven days a week. Gluten free options are available. We are unable to provide accommodations for special dietary needs or preferences. Please plan accordingly.

No discounts will be made based on how often you eat at the cafeteria.

Cafeteria Schedule and Guidelines

- The student cafeteria is open for breakfast from 7:00 AM till 7:45 AM on weekdays and from 7:30 AM till 8:30 AM on weekends.
- The student cafeteria is open for lunch from 1:00 PM till 2:00 PM; second helpings are served starting at 1:30 PM.
- New plates are required for second helpings to prevent the spreading of germs.
- Only authorized kitchen staff is allowed in the kitchen areas at all times.

MISCELLANEOUS

Ministry Opportunities

After completion of the Lifestyle CNA Intensive Training, the graduate should be able to:

- Work for Project 144 Agency, a Christian non-medical lifestyle referral agency. We refer non-medical lifestyle educators as agents to provide various health related services using wholistic methods. They include a follow-up system, coaching sessions, one-on-one consultations, caregiving, and in-home non-medical lifestyle program to individuals.
- Work at a lifestyle center or retreat like Wildwood Lifestyle Center, Uchee Pines, Living Springs Retreat, etc...
- Work in hospitals, nursing homes, residential care facilities, or provide in-home care
- Serve with any ministry affiliated with LIGHT*, OCI*, or other mission organizations around the world. Visit www.ociministries.org and www.lightingtheworld.org for more information



- Serve as a Christian health educator in his local community.

Library

The use of library books, magazines, and other resources is to be limited to the library and classroom areas. No library items are to be removed. Please do not leave your personal belongings behind in the library.

Printer Use

A printer is available for trainees use in the library. Printing costs for documents other than homework:

- Black & White - \$0.05 per sheet one side/ \$0.08 per two sides
- Color – \$0.20 per sheet one side/\$0.25 per two sides

Lake Edna

Swimming and canoeing in Lake Edna are allowed at the trainees' own risk, under the following conditions:

- Life jackets are to be worn by those who cannot swim and weak swimmers when they are in the water or in a boat.
- Men and women are not allowed to swim at the same time with the exception of families.
- No fishing is allowed in the lake.
- Off-campus people are prohibited from using the lake facilities.
- Before anyone engages in lakeside activities, a "Liability Release" form must be signed.

Mail

Mail is delivered daily from the local post office to the Wildwood campus. The telephone operator will notify students if they have received a package. This package can be picked up in the mailroom at the Lifestyle Center. Please ask the switchboard operator to unlock the door.

Wildwood's mailing addresses

- UPS & FedEx - 435 Lifestyle Lane, Wildwood, GA 30757

