



Monthly Quote:

“Your body hears
everything your
mind says.”

Naomi Judd

Calendar of Events:

Nov 26-Ear Acupuncture
Nov 26-Stress
 Management Yoga
Nov 21 Y12SR Yoga
Dec. 3-Deadline for
 Holiday Dinner registration
Dec. 11-LEAF Alumni
 Holiday Dinner @ Red Barn
Nov 10-Celebration of Life



The Maple Center

For Integrative Health

www.themaplecenter.org Nonprofit: 812-234-8733

E-mail: info@themaplecenter.org Clinical: 812-235-4867



THE MAPLE CENTER FOR
INTEGRATIVE HEALTH

November 2018

#GIVINGTUESDAY

Help Support the Maple Center on 'Giving Tuesday'

Giving Tuesday, November 27, is a global giving movement that has been built by individuals, families, organizations, businesses and communities in countries around the world. Millions of people have come together to support and champion the causes they believe in and the communities in which they live. On this day of giving, please consider choosing The Maple Center for your donation. Funds raised help support our programing costs and give scholarships to those less fortune to attend programs that change their lives.. Donations can be made in person at our office or online on our website.

For more details on how to donate, please call 812-234-8733 or visit www.themaplecenter.org



CHIP/LEAF ALUMNI HOLIDAY DINNER

12.11.2018 | 6 PM-8:30 PM | The Red Barn

The cost is \$25 per person cash or
check only.

Paid reservations should be sent
(or dropped off) to The Maple Center

1801 N 6th Street,
Terre Haute, IN 47804

VEGETARIAN/VEGAN POTLUCK

Unitarian Church, 1875 S Fruitridge Ave., TH

Please bring a vegan/vegetarian dish to share. For potluck dates and more information, contact Debbie Stevens at debbiestevens53@gmail.com



“Optimizing individual health thru community education and clinical services.”

Coping Tips for Happy Holidays

Stay well and relaxed during the upcoming holiday season

by Devaki H. Lammet

We often need a friendly reminder to take a break, slow down, and find a moment to breathe as well as take time to recharge and relax ourselves!

Here is my gift to YOU for this holiday season, wrapped in words of kindness and comfort. Please enjoy the following inspirations:

1. **REGULAR EXERCISE** of your choice

Regular walks in nature (parks, forests, around your block)

Yoga, Tai Chi, Qi Gong -> perfect to release tension in body, decrease stress in mind/emotions and recharges your energy system

2. **TIME MANAGEMENT**

Reduce usage of Facebook/TV/texting

Set yourself time to be off-line (e.g. I am offline from 9 pm to 8 am) and use that time to prepare a healthy meal; crock pots are great to prepare a healthy breakfast for the next morning or a soup when you get home

Organize yourself by making a priority list (and be open to changes as life happens!) and regularly plan breaks and times “free of chores”

Get enough rest and go to bed by 10 pm if possible according to Ayurveda

Make regularly an appointment with yourself and practice healthy routines (see 3/4.)

3. **Healthy energizing food choices**

Often when we are stressed out we neglect our food choices.

Whenever possible, take time to freshly prepare a meal for yourself and/or for your loved ones.

Another option would be to gather your family or friends to plan a “Let’s cook together” evening.

Increase freshly prepared meals of legumes, vegetables, salads, whole wheat bread sandwiches, and wraps

Take healthy snacks as seeds, nuts, fruits, etc.

Reduce/avoid: white sugar and processed foods, coffee, alcohol, white flour breads & sweets, and meat or any food which has been reheated more than once (loss of nutritional value and energy: According to yoga/ Ayurveda food is a provider of prana which means life force and if the food is not fresh and reheated it loses its prana)

Increase consumption of herbal warm teas: e.g. peppermint, chamomile, rooibos, fresh ginger tea with cinnamon & cloves, tea of cumin, fennel & coriander seeds (boil 10 mins)

4. **SET HEALTHY ROUTINES**

Make time (5-10 mins) before going to sleep to massage the soles of your feet or let someone else do it ☺



Massage your abdomen in the morning/evening
(as stress will often affect the GI tract)

Make your own relax blend: take a carrier oil such as organic sunflower seed oil, grapeseed oil, almond oil, or avocado oil and add 20-40 drops per ounce of your favorite essential oil (e.g. roman chamomile, lavender). Further tip: Warm the oil in a mug with heated water (careful not to overheat the oil) and enjoy the warmth of the oil blend, and apply to your body in the evening or morning perhaps after bathing. It will help nourish your dry skin during the cold season

Evening drink: make a warm, sleepy tea or a sleepy drink with warm, almond milk with a pinch of nutmeg (this is an ayurvedic home remedy to support your sleep)

5. RELAXATION TECHNIQUES – LEARNED BEST UNDER A QUALIFIED TEACHER

Below are my favorite relaxation techniques, which have helped me recharge and relax when I feel exhausted. They should be practiced in a safe environment where no one and nothing will disturb you while you practice (phone, children, etc.).

5.1. Yoga Nidra – The yogic sleep

“is a deep state of conscious awareness in a very deep relaxed state of mind” practiced either under a yoga teacher, or with a CD
(e.g. Dr. Marc Halpern “*Yoga Nidra for Self-Healing*”)

5.2. Progressive Muscle Relaxation (PMR) developed by Dr. Edmund Jacobson

You can perform this technique either by lying on the floor or in a seated position. This could be an ideal evening ritual before going to bed.

The principle of this technique is to tense specific muscle groups for three seconds with the inhalation and then let go of the muscle tone by dropping down the respective body part while exhaling.

Start with your right leg by pulling the toes of your right foot towards your head and then lift up your right heel, tense your right leg three seconds then drop down. Do the same on your left side;

Tense your gluteus muscles (buttocks) and if lying down lift them up for an inch, hold, and drop;

Make a fist with your right hand, lift it up an inch, and drop it down exhaling. Do the same on your left side;

Exhale forcefully and squeeze your abdominal muscles towards the spine, release by inhaling;

Lift up your shoulders to the ears, tense and release;

Make a funny face, pull all the facial muscles towards your nose, and release;

Tense all muscles you are able to voluntarily tense, pull your tongue out, roll your eye balls back and “roar like a lion,” and then release ☺

Make any adjustment the body needs (e.g. place a blanket over you as body temperature drops during deep relaxation as well as place a pillow under your neck and knees for support or lie on your side if this is more comfortable)

Typically, the body is now scanned by a yoga instructor, but if you do this relaxation alone, then you will perform the scanning along with mentally repeated autosuggestions (three times) to relax the body on deeper levels.

For example: “My feet & legs are relaxed” (mentally repeat three times), continue this formula through the body with “my buttocks ..., my hands and arms..., my lower middle and upper back..., my abdomen and chest..., my shoulders and neck..., my face..., my organs... ..my whole body is completely relaxed”



5.4. Relaxing Breathing Techniques

Bhramari – Humming Bee Breath practiced in a seated position (not lying down)

It may be practiced any time to relieve emotional and mental stresses.

Best times for this breathing practice is late at night or in the early morning

Sit in a comfortable position either crossed-legged, or on a chair with back, neck, and head in a vertical line

Close your eyes and relax the whole body

Raise your arms sideways and bend the elbows, bringing the hands to the ears. Use the pointer (the index) finger or middle finger to plug the ears or the flaps of the ears without inserting the fingers

The lips should remain gently closed with the teeth slightly separated throughout the practice allowing you to hear the sound vibration more distinctly

Inhale through the nose and exhale slowly in a controlled manner while making a deep, steady humming sound like a bee. The humming should be smooth, even, and continuous for the duration of the exhalation. The sound should be soft and mellow, making the front of the skull reverberate. At the end of the exhalation, the hands can either be kept steady or returned to the knee and then raised again for the next round.

Bhramari – Pranayama Humming Bee Breath reduces stress and cerebral tension, aids in alleviating anger, anxiety, and insomnia, and increasing the healing capacity of the body. Practice the exhale longer as the inhale.

Start with three rounds (inhale and exhale count one) and slowly increase to 7-10 rounds

Slow down exhalation technique

Slow down your breathing the next time you rush and find yourself hardly breathing at all:

Inhale and then exhale longer (e.g. inhale 3 seconds and exhale 5-6 seconds) - can be practiced anywhere, anytime

6. Develop healthy thought patterns

Take time either to sit down for 5 mins and just practice (e.g. gratitude, patience, etc.

Brainstorm all the things you are grateful for “I am so grateful for ...” “I am patient with ...”)

Trust in or surrender to a higher force/ or a purpose in your life

Enjoy life, as life is a school – whatever comes towards you is meant to make you grow (even if you do not understand life in that moment) – integrate your present situation in a “bigger picture” from a higher perspective (connect to spirit/GOD)

The great masters of yoga and meditation point out to the fact everything is temporary.

If you have a very intensive time in your life – regardless of the holiday season – trust “this too shall pass”

Practice moment to moment awareness by becoming fully present what you are doing

(cooking, eating, talking, walking, etc.). Often, we feel so overwhelmed because we are thinking of the chores we want to accomplish all at once!

I would like to conclude by sending my best wishes for a relaxing, recharging holiday season with one of my favorite quotes:



*“God, grant me the Serenity to accept the things I cannot change,
Courage to change the things I can, and Wisdom to know the difference.”*

Devaki H. Lammet holds an M.A. in Psychology from the University of Cologne, Germany, is an international Yoga Teacher since 2000, a Yoga Alliance CE Provider, a Licensed Massage Therapist (# MT 21706230) and a Certified Ayurvedic Health Counselor. She teaches Yoga for stress management at the

Maple Center as well as offers workshops, yoga retreats, holistic lifestyle consultations and massage therapy in the community of Terre Haute, IN.

Sources:

“Asana, Pranayama, Mudra, Bandha” by Swami Satyananda Saraswati, Yoga Vidya Teacher Training Manual,

“The Relaxation & Stress Reduction Workbook,” Martha Davis, Ph.D., et al,

“Der Koenigsweg zur Gelassenheit” Sukadev Bretz,

www. <https://www.youtube.com/watch?v=h7VYd72iUHk&t=1288s> (Yoga Nidra Interview with Dr. M. Halpern)



SUPPORT YOUR ADDICTION RECOVERY

WITH AURICULAR (EAR) ACUPUNCTURE & Y12SR RECOVERY YOGA

Whether you are recovering from an addiction to drugs, smoking, alcohol, gambling, food or any other type of addiction, acupuncture and yoga can aid in your recovery.

Acupuncture held each Monday from 12-3pm
and Wednesday from 4-7pm in Suite 100

Except for Wed., Nov. 21, Mon., Dec. 10, Wed. Dec. 12, and Mon. Dec. 17
(No acupuncture on these dates)

Y12SR Yoga begins Wednesday, September 12 and
held each Wednesday from 6-7pm in Suite 400



The Maple Center, Inc.
1801 N 6th St., Terre Haute, IN
(812) 234-8733
For more information visit
www.themaplecenter.org



No cost, no registration needed, donations are appreciated



ACUPUNCTURE PERFORMED BY DEBBIE STEVENS,
ACUPUNCTURE DETOXIFICATION SPECIALIST,
Y12SR YOGA LED BY LINDSEY SKELTON





Yoga for Stress Management

stretching • strengthening • relaxation

Mondays 6:30pm - 8:00pm

Oct. 29—Dec. 10, 2018

\$70 for all seven classes



The goal of this yoga class is to provide you with valuable tools to embrace the challenges of life. We will explore different yoga postures, breathing and relaxation techniques in theory and practice to cope with life's stresses.

The class instructor will be Devaki, she is an international experienced yoga teacher (E-RYT 500+) since 2000. She holds a master's degree in psychology from the University of Cologne, Germany. She is also a licensed massage therapist and certified Ayurvedic health counselor.

Class size is limited, so reserve your spot today!

Go to www.themaplecenter.org for registration.

Sponsored by



The Maple Center
for Integrative Health





Creamy Pumpkin Soup

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 6

1/4 cup water

1 small onion, chopped

4 cups vegetable broth

1 16 ounce can solid pack pumpkin

1/2 cup unsweetened applesauce

2 teaspoons curry powder

Several dashes Tabasco sauce

1/2 cup soy or rice milk

Place water and onion in a medium saucepan. Cook, stirring occasionally, for 5 minutes until onion is soft. Add broth, pumpkin and applesauce. Stir to combine. Add seasonings. Cook over low heat, stirring occasionally, for 10 minutes. Stir in milk just before serving. *Hint:* This would be very attractive served in a small baked pumpkin. Cut top off of a pumpkin. Clean out seeds and strings (just like Halloween). Replace top. Place pumpkin in a pan with 1/2 inch of water. Bake at 350 degrees for 30 minutes. Serve the cooked soup in the baked pumpkin.

Reference: <https://www.drmcDougall.com/health/education/recipes/holiday-meal-planning/>



Maple Mashed Sweet Potatoes

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 6

3 pounds sweet potatoes

1/2 cup soy milk

1 tablespoon pure maple syrup

dash salt

freshly ground pepper to taste

Preheat oven to 400 degrees.

Instructions

Scrub potatoes and prick all over with a fork. Place on a baking sheet and bake for about 45 minutes, or until potatoes are tender. Remove from oven and allow to cool slightly.

Cut potatoes in half lengthwise and scoop out the flesh into a large bowl. Mash with a hand masher or electric beater (do not use a food processor). Add soy milk, maple syrup and seasonings. Mix well. *Hint:*

These may be prepared a day or two ahead of time and refrigerated. Reheat in a microwave before serving. These may also be peeled and cooked in water on the stovetop. Drain off cooking water and mash as directed above. *Success Tip:*

These may be made two days ahead of time and refrigerated in a covered casserole dish. Reheat in microwave just before serving.

Reference: <https://www.drmcDougall.com/health/education/recipes/holiday-meal-planning/>



Holiday Stuffed Pumpkin

Preparation Time: 1 hour

Cooking Time: 1 1/2 hours

Servings: 6-8

1 large loaf whole wheat bread, cut into cubes

4 1/2-5 cups vegetable broth

1-2 onions, chopped

2-4 stalks celery, chopped

3 1/2 tablespoons soy sauce

1 1/2 tablespoons parsley flakes

2 1/2 teaspoons thyme

2 1/2 teaspoons sage

1 1/4 teaspoons marjoram

2-3 teaspoons poultry seasoning

1/2 teaspoon rosemary

several twists of fresh ground pepper to taste

1 medium pumpkin or large winter squash

Preheat oven to 300 degrees. Place the bread on a baking sheet and bake for 15 minutes. Place the broth, onions, celery and seasonings in a medium saucepan and cook over medium heat for 20 minutes. Meanwhile, cut the top off the pumpkin or winter squash and save for a cover (as if you were going to make a jack-o-lantern). Clean out the seeds and stringy portion, leaving plenty of the squash flesh along the sides. Rinse well and set aside. Place the bread cubes in a large bowl, pour the cooked broth over the bread and toss well until bread is saturated with the liquid. Cover the bowl and allow liquid to be absorbed for about 10-15 minutes. Taste and adjust seasonings (adding more poultry seasoning and ground pepper, if needed).

Preheat oven to 350 degrees. Place the stuffing into the cleaned pumpkin and cover with the pumpkin top. Place in a large baking dish. Add 1 inch of water to the bottom of the baking dish. Bake for 1 1/2 hours, or until fork pierces the side of the pumpkin easily.

Hint:

To save some time, cube the bread the night before and allow it to sit uncovered in a single layer overnight. This will eliminate the need to bake the bread cubes in the oven for 15 minutes.

Success Tip:

Buy pumpkin in October or early November for the best selection. Keep in a cool place. Buy extra pumpkins for use at other times during the winter months. Choose one of the many varieties available at this time of the year. One of my favorites is the "ghost" pumpkin with its white skin and orange flesh. The traditional pumpkin for carving a jack-o-lantern is not the tastiest choice for use as a stuffed pumpkin, although I have used them when nothing else was available. Clean the pumpkin the day before use and refrigerate, but do not stuff until just before baking. If you do not have enough room to refrigerate the cleaned pumpkin then clean it just before stuffing. Cube the bread the night before and allow it to sit out overnight so the bread dries out slightly. This step helps to make the stuffing mixture nicely moist, but not mushy.

Reference: <https://www.drmcDougall.com/health/education/recipes/holiday-meal-planning/>



The Maple Center, Inc Nonprofit 501(c)3

1801 N 6th St, Ste 600

Terre Haute, IN 47804

(812) 234-8733

www.themaplecenter.org

Dear Valued Supporter,

Thank you for your support. In 2018 The Maple Center Nonprofit has helped over 1,000 individuals in our community transform their lives by learning how to live a healthier lifestyle; how to prevent, cope with and reverse chronic illness; and alleviate addictions.

The new large Larry P Fleschner Memorial Classroom and the smaller classroom have been filled with yoga, classes, meetings, and a new focus on free support for those with addictions which includes a walk in clinic for NADA ear acupuncture and Twelve Step Yoga for Recovery.



Here is what some of our alumni have to say about the impact The Maple Center for Integrative Health nonprofit had on their lives:

- *"The Maple Center has been a beacon of education, nutrition, and helped guide me in my quest for better health. – Anonymous*
- *The Jumpstart program was EYE OPENING! To be honest, I did the program out of solidarity with someone else, and I was curious about what going completely plant based for 10 days could do for me. I had NO IDEA how good (after a short sugar detox for the first few days) I would feel, how much my body would change in just TEN DAYS, and how much my blood work would reflect that. In just 10 days, I dropped six pounds, my total cholesterol went down 26 points, my HDL cholesterol went down 7 points, and my LDL cholesterol went down 21 points. Absolutely incredible. I felt so amazing that I decided to continue on with the plant based/vegan lifestyle after the program ended!" -Emily Murray*

"I have been attending the ear acupuncture class for the past 3 weeks. Debbie is a great instructor! The treatments have made me feel so much better. I have more energy and less food cravings. I highly recommend this class." – Jackie

Our goal for 2019 is to raise \$20,000 to continue to provide affordable integrative health educational services. Thanks to generous sponsors, we are moving closer to our goal, but we still need your help.

Please help us meet our goal to provide individuals with the needed education to change their lives.

You may donate to our cause in any of the following ways:

- **A onetime cash donation via check or online payment or a pledge of a monthly donation**
- **Support the center while you shop at AmazonSmile & Krogers (sign up and we receive a percentage of your purchases), or purchase a giving bag at Fresh Thyme (Purchase the Giving Bag featuring the Giving Tag then follow the instructions on the tag to direct the \$1 donation to the center.)**
- **Ask for an employer gift match campaign at your work or payroll deduction**
- **A donor advised fund**
- **A gift of securities**
- **Transfer of assets**
- **Rather than selling or trading in your used operable car, truck, SUV, motorcycle, RV, or boat on a trailer, consider donating it.**

Set up a bequest through the provisions of a will or estate plan

Send your gift directly to us using the enclosed return envelope or use our online donation website – www.themaplecenter.org. Contact our office to make arrangements for other gifts.

Donations to The Maple Center Nonprofit are welcome all year long and go directly to the programing offered by the center.

With your help since 2004, we have been able to offer health education classes to the youth, adults, and chronically ill in our community.

Your gift will have a tremendous impact on the lives of these individuals and help them to have the knowledge, skills, vision and motivation to change their lives. Thank you for partnering with us to help them.

In gratitude,

Deanna Ferguson, Executive Director & Kathleen Stienstra , Board President



CHIP/LEAF Holiday Dinner
The Red Barn @ Sycamore Farm
5001 Poplar St
Terre Haute, IN 47803
Tuesday Dec 11th
6:00 – 8:30 PM

Custom Plant Based Menu

The Best of Fall Salad

Arugula, Spinach, Kale, Roasted Squash, Cranberries, Ciabatta Croutons, Mustard Dressing

- **Roasted Butternut Squash Chowder with Pumpkin Seeds and Coconut Yogurt Drizzle**

- **Cauliflower and Yukon Potato Mash**

Fall Roasted Vegetables

Rosemary Garlic Glaze

Stuffed Delicata Squash with Lentil, Mushroom and Herbs

Vegan Cheese to Garnish, Lite Veg Stock Reduction Sauce

- **Farm House Ciabatta Bread with Vegan Butter**
- **Chocolate, Berries and Berry Yogurt Sauce Drizzle**
Peach Cherry Cobbler

The cost is \$25 per person - cash or check only

Paid reservations to be sent to:

The Maple Center, 1801 N 6th St, Terre Haute, IN 47804

Payment must be received no later than December 3rd by 5:00 PM



GIVE THE GIFT OF HEALTH

WITH A MAPLE CENTER GIFT CARD FOR



- .Plant-based Nutrition Class**
- .Acupuncture Treatment**
- .Healing Touch Session**
- .Music Therapy Session**
- .Nutrition Counseling Session**

May be purchased Monday - Thursday at The Maple Center

Yoga for Expecting Mothers

Sundays at 2:00-3:15 pm

**On September 9th & 23rd, October 7th & 21th,
November 4th & 18th, December 2nd & 16th**



The Maple Center

**Larry P. Fleschner Memorial Classroom,
1801 N 6th Street Suite 400, Terre Haute, IN
(812) 234-8733**

www.themaplecenter.org

No cost or registration, donations welcome



The Maple Center
For Integrative Health

This class, led by Emily Brana, will take into consideration both the mental and physical well-being of the mother while, providing participants a safe space to talk and build community with those in a similar life-stage.

Emily is a mom and certified yoga instructor (RYT-200).



Take Control: Stress Reduction Techniques, Part 1

OLLI Series held at Landsbaum Center,
1433 N 6th 1/2 St, Terre Haute, IN
from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

Sept 12, 2018— “Integrative and Natural Medicine Approaches for a Healthy Emotional Life” by Kathleen Stienstra, MD

Kathleen Stienstra, MD, board certified integrative medicine physician with The Maple Center for Integrative Health, will discuss mind body techniques (heart math and tapping) plus herbal and natural medicine options to support a healthy mind and emotional life.

Oct 10, 2018 - “Sprout Your Stress Away” by Danille Tews

Microgreens are one of the newest crazes in the health-food world -- and for good reason. They pack one of the highest punches of all the vegetables in terms of vitamins and minerals. They are one of the most complete plant-protein sources, and to top it off, they taste wonderful!

I will share with you, not only some of the benefits of these small but mighty plants, both for your body and for your mind, but also some ways that you can grow microgreens in your own kitchen. Like many of you, I find that one of the best stress relief activities anywhere is to get your hands into the dirt and making that connection with the land that countless generations have done before. It isn't hard, it's healthy, and I think you'll enjoy it!

Danille is the owner of Humble Acorn Gardens and is an urban farmer. He grows microgreens for farmer's markets and restaurants.

Nov 14, 2018—“Mind your Mind - An Introduction to Meditation” by Devaki Lammet, M.A.

Explore your most powerful tool—the mind— and enjoy different approaches towards mediation in order to reduce stress.

Devaki is an international Yoga Teacher (E-RYT 500+) since 2000, holds an M.A. in psychology from the University of Cologne, Germany, is a certified Ayurvedic health counselor and a licensed massage therapist (MT # 21706230) in Indiana. She lived many years in ashrams (US, Germany) and as staff in a yoga and healing center.

Dec 12, 2018— “Art for Stress Relief” by Kathy Gotshall, ATR, BC, LCSW

In this fast paced world, daily life events can cause us stress. How do you create a sense of balance? Explore the life enriching benefit of relaxation and distraction through art making.

Kathy Gotshall, ATR-BC, LCSW is a registered board certified art therapist and Licensed Clinical Social Worker. She is an adjunct professor of graduate art therapy at Saint Mary-of-the-Woods College.

Presented by:



The Maple Center for Integrative Health



How can you help?

Funds raised help support our programing costs and give scholarships to those less fortune to attend programs that change their lives.

- Make a tax deductible, monetary donation by mailing a check to the center, going to our website and donating or scheduling a monthly donation payment with us.

Donate



- Go to AmazonSmile to purchase your amazon products. Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to The Maple Center Inc whenever you shop on AmazonSmile.



- Register your Kroger Plus Card online at www.krogercommunityreward.com, using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.



- You can also help by "Liking" our Facebook page and by spreading the word about our programs!

We appreciate your support!

The Maple Center Connection

Integrative Medical Consultation and Medical Acupuncture

Monday through Thursday

By Appointment

Kathleen A. Stienstra, MD
Clinical Appointments
Call 812-235-4867

Healing Touch, Cranial-Sacral Therapy, & Shamanic Practices

By Appointment

Liz Samsell, MS, LCSW, HTP
Call 812-236-8985

or

Sharon Samsell, MDiv, LMHC, CHTP/I
Call 812-878-2034

Neuromuscular Re-education

Tuesdays , Wednesdays, & Thursdays or

By Appointment

Fee: \$60.00: 1hr. Treatment

Penny Money

Call 317-670-3764

Therapeutic Massage Therapy

Nancy

Fridays & Saturdays

By Appointment

Nancy Humphries, LMBT

Call 812-251-9190

Mental Health Counseling

By appointment

Fee: \$60 per hour

Jan Croft, MS, LMHC, NCC

Call 812-240-5804

Music Therapy

By Appointment

Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC
Clinical Appointments

Call 812-249-4290

Holistic Lifestyle Consultant

By appointment

Devaki H.Lammet, M.A,

Call 787-464-5651

Registered Dietitian Nutritionist

By appointment

Sylvia Middaugh, MS, RDN, CD

Call 812-229-4059

The Maple Center is a Non-profit integrative health center, started in 2004, that offers classes and workshops in mind, body, and spirit approaches to optimal wellness. We offer workshops in preventive strategies to maintain health, and unique programs for those challenged by cancer and chronic illness.