



# The Maple Center

For Integrative Health

[www.maplecenter.org](http://www.maplecenter.org)

Nonprofit: 812-234-8733

E-mail: [info@maplecenter.org](mailto:info@maplecenter.org)



[@themaplecenternonprofit](https://www.facebook.com/@themaplecenternonprofit)

## October 2020



### Monthly Quote:

At any  
given moment  
You have the  
**POWER**  
to say:  
this is  
**NOT**  
how the story  
is going to  
**END**

## Emotional Wellness Month

Emotional Wellness refers to an awareness, understanding and acceptance of our feelings, and our ability to manage effectively through challenges and change.

Consider the following:

- The United States spends more to treat mental disorders than any other disease or medical condition. (Health Affairs: The Washington Post)
- Depression is now the leading cause of disability in the world (World Health Organization), and
- Suicide is the leading cause of injury death of Americans, surpassing automobile accidents. (American Journal of Public Health)

## Weekly Programs

In the Fleschner Memorial Classroom:

**Auricular Acupuncture** —FREE—Mondays 3-6pm (arrive by 5:20)  
**Chair Yoga**—FREE -Thursdays 10-11am (In classroom or on Facebook)

### Upcoming Programs:

**Kickstart Your Health Class:** Oct.15 - Nov.12

**Mind-Body Virtual Retreat:** Oct. 23 - 25

**Family Yoga on Zoom** - Oct. 31

More information inside!

Email our Program Coordinator with questions: [programs.maplecenter@gmail.com](mailto:programs.maplecenter@gmail.com)

LEAF's Monthly  
Plant-Based  
Potluck  
Sponsored by  
the Maple Center is  
considering another  
virtual get together  
on Zoom, let us  
know if you're  
interested!  
For more  
information email  
the LEAF team or  
our office:  
[info@maplecenter.org](mailto:info@maplecenter.org)

*"Optimizing individual health thru community education and clinical services."*

# Whole-Food Plant-Based Recipes

Recipe ideas to try at home for nutrient-filled snacks and meals.

## The Creamiest Pumpkin Cinnamon Smoothie



### Ingredients:

- 1 banana frozen or fresh
- 1/4 cup pumpkin puree
- 1 cup oat milk
- 1 tbsp hazelnut butter or almond butter
- 1 tbsp maple syrup
- optional
- 1/2 tsp cinnamon

### Instructions:

Add all ingredients to a food processor and mix for 30 seconds until smooth and creamy. Pour the smoothie in a jar, add ice cubes if desired and enjoy. The smoothie tastes best cold. You can refrigerate the smoothie as well. Drink within 24 hours.

Sourced from: <https://www.flowersinthesalad.com/en/rezeparchiv/the-creamiest-pumpkin-cinnamon-smoothie/>

## Turmeric Spice Pancakes

### Ingredients:

- 1/2 cup unsweetened applesauce
- 1 1/4 cup oat flour
- 1/2 cup non-dairy milk
- 2 tbsps maple syrup
- 1 tbsp baking powder\*
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/2 tsp ground turmeric
- pinch of black pepper
- 1/4 tsp ginger

### Instructions:

- Combine all ingredients in a blender.
- Blend till combined. Don't over blend.
- Heat a non-stick skillet over medium-high heat.
- Pour about 1/4 cup of batter into the pan. Since it is quite thick, spread/smooth into a circle.
- Cook for 2-3 minutes on the first side. When you can easily slide a spatula under, flip. Cook for another 2-3 minutes. Remove from pan.
- Repeat until all the batter is gone.
- Top with yogurt, pumpkin-apple butter, and chopped nuts. Enjoy!



### Suggested Topping:

- Coconut milk yogurt
- My Berry Forest's Perfect Apple-Pumpkin Butter
- Chopped pecans

### Turmeric + Lemon juice = red!

\*If you want to make the fluffier but red version, use 1 tsp baking soda + 2 tps baking powder + 1 tsp lemon juice.



Sourced from: <https://nataliejo.co/turmeric-spice-pancakes/>

# One Pot Vegan Pumpkin Chili

## Ingredients:

2 tablespoons extra virgin olive oil  
1 onion, finely chopped  
1 teaspoon salt  
1 green pepper, cored and finely chopped  
3 cloves garlic, minced  
2 tablespoons tomato paste  
1 tablespoon chili powder  
1 tablespoon cumin  
1 teaspoon smoked paprika  
1 teaspoon oregano  
1 (15-ounce) can pumpkin puree  
1 (15-ounce) can pinto beans, drained  
1 (15-ounce) can black beans, drained  
1 (15-ounce) can diced tomatoes with their juices  
1 cup frozen corn kernels  
1/2 cup vegetable broth  
avocado, cilantro and green onion for topping

## Instructions:

In a large deep pot, warm the olive oil over medium heat. Add the onion with 1 teaspoon salt and cook for about 3 minutes, until translucent. Add the pepper and garlic then continue to cook for 2 more minutes. Next add the spices and tomato paste. Stir together and cook for 2 minutes.

Add the pumpkin puree, diced tomatoes, drained beans, corn and vegetable broth. Bring to a low boil and cook for about 10 minutes, until heated through. Add salt to taste, if desired. Serve warm with your favorite toppings and enjoy!



Sourced from: <https://www.makingthymeformehealth.com/one-pot-vegan-pumpkin-chili/>

# Red Lentil Soup with Pumpkin and Kale



## Ingredients:

1 medium onion  
1 medium red pepper  
1/4 cup olive oil (divided)  
8 cups vegetable broth or water  
15 oz can pumpkin  
2 cups red lentils  
4 cups kale  
1 tsp salt (optional)  
1 tsp cumin  
1 tsp ginger  
1 tsp curry powder

## Instructions:

Peel and dice the onion. Sauté it in 2 tbsp of olive oil over low heat until they're translucent. Then add a washed, seeded, and diced red pepper. Sauté the onion and pepper for a few more minutes, then turn up the heat to medium-high. Add the broth, pumpkin, and spices.

Wash your red lentils in a wire mesh strainer until the water runs clear. Add them to the soup once it starts to boil.

Simmer your soup for 10 minutes to allow the lentils to cook most of the way.

While the soup is simmering, wash your kale, break it up in small pieces removing the large tough stems, and drizzle with 2 tbsp of olive oil. Sprinkle with salt.

Then massage the kale with your hands until it becomes dark green and shiny.

Add your massaged kale to the soup after the lentils have cooked for 10 minutes. Then let the soup simmer for an additional 5 minutes with the kale in it. Turn off the soup and serve hot.

Sourced from: <https://thehiddenveggies.com/red-lentil-soup/>



# Easy Quinoa And Kale With Mushrooms



## Ingredients:

- 2 tbsp olive oil
- 1 cup mushrooms washed and sliced
- 1 cup kale finely chopped
- 2 cups quinoa cooked (or replace with frozen pre-cooked quinoa)
- 2 tbsp green onions chopped (optional for garnish)
- 1/4 tsp salt or to taste

## Instructions:

Pre-cook quinoa by adding 1 cup of washed quinoa to 1 1/4 cup salted water or vegetable broth. Heat until boiling then cover it and cook for 20 minutes. Turn off heat and allow to sit for another 20 minutes. (This will yield 2 cups cooked quinoa).

Slice mushrooms and wash and chop kale into small pieces.

Saute mushrooms in 2 tbsp of olive oil for about 3 minutes over medium heat.

Wash and chop kale into small pieces. Rub the chopped kale with your hands until it becomes bright green and shiny.

Toss in the kale and stir fry with the mushrooms for another 2-3 minutes. Add the pre-cooked quinoa or a bag of frozen quinoa. (If using frozen quinoa and kale, omit the steps of cooking the quinoa and preparing the kale).

Fry for another 5 minutes until the quinoa is fairly dry and slightly crispy. Salt to taste.

Garnish with green onions and serve either hot or cold.

Sourced from: <https://thehiddenveggies.com/quinoa-kale/>



## Ingredients:

- 3 cups vegetable stock
- 2 tbsp olive oil
- 1/4 cup diced onions (about half a small onion)
- 1 tsp minced garlic
- 1 cup rice (I used arborio)
- 1 1/2 tbsp apple cider vinegar
- dash of nutmeg
- pinch of cloves
- 1/3 cup pumpkin puree
- 1 small sweet potato, cooked and cubed (about 1 1/2 cups)
- Salt and pepper to taste

# VEGAN PUMPKIN SWEET POTATO RISOTTO

## Instructions:

- Warm vegetable stock in a saucepan over low heat. It should be gently steaming while you make the risotto, not simmering or boiling
- Heat the oil over medium heat, in a large saucepan or high sided skillet and sauté onions and garlic until onions are tender
- Add the rice and stir until everything is coated with oil and the edges of the rice turn translucent
- Add apple cider vinegar, stir and simmer until the pan is almost dry
- Add 3/4 cup of vegetable stock, nutmeg and cloves and stir
- Wait until the liquid is almost completely absorbed before continuing to add more stock 3/4 cup at a time. Stir in pumpkin and sweet potato cubes with the final batch of stock
- You'll know the risotto is ready when the rice is tender, but still has a little bite to it
- Turn off the stove and add another 1/2 cup of vegetable stock to make the risotto extra creamy\*Season with salt and pepper to taste

Sourced from: <http://www.exsloth.com/vegan-pumpkin-sweet-potato-risotto/>

# VEGAN ALMOND COOKIES



## Instructions:

- Place flax seeds in a mixing bowl with 2 tbsp of water. Mix well and set aside to thicken. You should end up with a very thick mass when they've had a chance to rehydrate.
- Meanwhile, chop half of the almonds coarsely – they will be used to coat the cookies in – and the other half less coarsely. You can also grind them but be sure to leave the grind quite chunky.
- Add maple syrup, orange zest, salt and almond extract to the rehydrated flaxseeds. Whisk well with a wire whisk. Next, fold almond flour and less coarsely chopped / ground almonds. Mix all the ingredients together so that you have a sticky cookie dough.
- Preheat the oven to 175° C / 350° F.
- Divide the dough into 12 equally sized pieces. Roll each portion of dough between the palms of your hands and then lightly press the dough into the coarsely chopped almonds to coat on both sides.
- Place the cookies on a parchment-lined baking tray. Bake for about 20 minutes, until they are lightly browned on top. Remove from the oven and let the cookies cool down completely before storing or dipping in chocolate.
- Melt the chocolate slowly over a water bath. Dip each cookie in the melted chocolate and place on a drying rack to harden. You can store them in an air-tight container for a few days, but these are nicest / crunchiest straight from the oven.

## Ingredients:

- 2 tbsp ground flax seeds or chia seeds
- 1 heaped cup almonds, divided
- 1/3 cup maple syrup
- zest of 1 orange
- 1/8 tsp fine sea salt
- 1/2 tsp almond extract
- 1 cup almond meal / flour
- 3½ oz vegan orange dark chocolate (optional)

Sourced from: [https://www.lazycatkitchen.com/vegan-almond-cookies/?utm\\_source=email&utm\\_medium=Social](https://www.lazycatkitchen.com/vegan-almond-cookies/?utm_source=email&utm_medium=Social)

# Healthy Pumpkin Muffins



## Ingredients:

- 1 3/4 cup gluten free 1-to-1 baking flour or all purpose flour, sifted
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tbsp pumpkin spice
- 2 tsp cinnamon
- 3/4 cup coconut sugar or regular sugar
- 2 tbsp maple syrup
- 2 tbsp ground flaxseed mixed with 1/3 cup water\*
- 1 cup pumpkin puree (not pumpkin pie filling)
- 1/2 cup olive oil or unsweetened applesauce
- 1 tsp vanilla extract
- 1 cup vegan chocolate chips

## Instructions:

- Preheat the oven to 375F and line 2 cupcake tins with muffin liners.
- In a large bowl, whisk together flour, baking soda, baking powder, spices, and coconut sugar.
- Add in flaxseed eggs, olive oil/applesauce, pumpkin puree, maple syrup, and vanilla extract. Mix together until smooth.
- Fold in chocolate chips and mix together until well combined.
- Scoop batter into each muffin liner about 3/4 of the way full.
- Place the muffins into the oven and bake for 22-24 minutes, or until the toothpick comes out clean.
- Store in an airtight container in the fridge for up to 7 days or freeze for up to a month.

Sourced from: <https://thebananadiaries.com/healthy-pumpkin-muffins/>

# YOUR HEALTHIEST SELF - Emotional Wellness Checklist

*Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.*

*Here are tips for improving your emotional health:*

## Brighten your outlook

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.



### To develop a more positive mindset:

- **Remember your good deeds.** Give yourself credit for the good things you do for others each day.
- **Forgive yourself.** Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- **Spend more time with your friends.** Surround yourself with positive, healthy people.
- **Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.
- **Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

## Reduce stress

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high-alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

### To help manage stress:

- **Get enough sleep.**
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.**
- **Set priorities.** Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- **Think positive.** Note what you've accomplished at the end of the day, not what you've failed to do.
- **Try relaxation methods.** Mindfulness, meditation, yoga, or tai chi may help.
- **Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.



## Get quality sleep

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

### To get better quality sleep:

- Go to bed the same time each night and get up the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Exercise daily (but not right before bedtime).
- Limit the use of electronics before bed.
- Relax before bedtime. A warm bath or reading might help.
- Avoid alcohol and stimulants such as caffeine late in the day.
- Avoid nicotine.
- Consult a health care professional if you have ongoing sleep problems.





## Cope with loss

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.



### To help cope with loss:

- **Take care of yourself.** Try to eat right, exercise, and get enough sleep. Avoid bad habits—like smoking or drinking alcohol—that can put your health at risk.
- **Talk to caring friends.** Let others know when you want to talk.
- **Find a grief support group.** It might help to talk with others who are also grieving.
- **Don't make major changes right away.** Wait a while before making big decisions like moving or changing jobs.
- **Talk to your doctor** if you're having trouble with everyday activities.
- **Consider additional support.** Sometimes short-term talk therapy can help.
- **Be patient.** Mourning takes time. It's common to have roller-coaster emotions for a while.

## Strengthen social connections

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.



### To build healthy support systems:

- Build strong relationships with your kids.
- Get active and share good habits with family and friends.
- If you're a family caregiver, ask for help from others.
- Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- Take a class to learn something new.
- Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- Travel to different places and meet new people.

## Be mindful

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

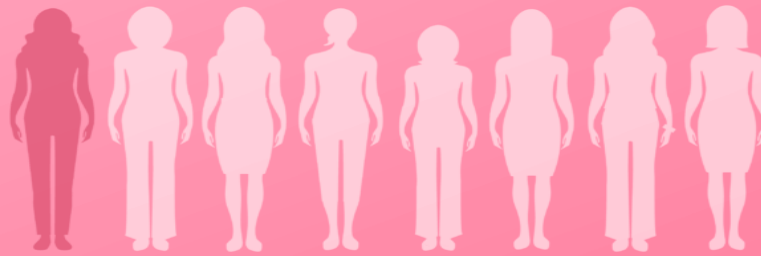


### To be more mindful:

- **Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- **Enjoy a stroll.** As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- **Practice mindful eating.** Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.
- **Find mindfulness resources in your local community,** including yoga and meditation classes, mindfulness-based stress reduction programs, and books.

Sourced from: <https://www.nih.gov/health-information/emotional-wellness-toolkit>

## Facts About Breast Cancer In The United States



**1 IN 8 WOMEN**

in the United States will develop  
breast cancer in her lifetime.

- In 2020, an estimated 276,480 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 48,530 new cases of non-invasive (in situ) breast cancer.
- 64% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year survival rate is 99%.
  - This year, an estimated 42,170 women will die from breast cancer in the U.S.

Although rare, [men get breast cancer too](#). In 2020, an estimated 2,620 men will be diagnosed with breast cancer this year in the U.S. and approximately 520 will die.

- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime
- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2020, approximately 30% of all new women cancer diagnoses will be breast cancer.
  - There are over 3.5 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.
- According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization.
  - In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options.

Sourced from: <https://www.nationalbreastcancer.org/breast-cancer-facts>

**For more resources, check out the Dr. John Black Memorial Library located in the Maple Center's Nonprofit Office! More information and online browsing capabilities are available on our [website](#).**



# What Can I Do to Reduce My Risk of Breast Cancer?

- Many factors over the course of a lifetime can influence your breast cancer risk. You can't change some factors, such as getting older or your family history, but you can help lower your risk of breast cancer by taking care of your health in the following ways—
- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol, or limit alcoholic drinks.
- If you are taking, or have been told to take, hormone replacement therapy or oral contraceptives (birth control pills), ask your doctor about the risks and find out if it is right for you.
- Breastfeed your children, if possible.
- If you have a family history of breast cancer or inherited changes in your BRCA1 and BRCA2 genes, talk to your doctor about other ways to lower your risk.
- Staying healthy throughout your life will lower your risk of developing cancer, and improve your chances of surviving cancer if it occurs.



Getting regular exercise and keeping a healthy weight can help lower your breast cancer risk.

Content source: [Division of Cancer Prevention and Control](#), [Centers for Disease Control and Prevention](#)

## Benefits of a Whole-Food Plant-Based Diet

**lowers** your blood sugar levels

**improves** your kidney functions

**reduces** your risk of obesity, diabetes, heart disease, dementia, and certain forms of cancer.



# Kickstart your health!

## Expand your healthy eating habits!

## Lose weight! Feel better!

Join The Maple Center in the kitchen for the power of food  
**HEALTHY WEIGHT MANAGEMENT**  
**NUTRITION EDUCATION & COOKING CLASSES**

Based on PCRM's award-winning Food for Life program, you will learn lifesaving nutrition information. Explore how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

Class topics include Power of Your Plate, Breaking the Food Seduction, Keys for Natural Appetite Control, and Digestive Health.

**LEARN** the latest health and nutrition information  
**ENJOY** cooking demonstrations  
**TASTE** healthy, delicious dishes  
**SHARE** your experiences in a supportive group setting

**5 Thursdays,**  
**October 15 - November 12, 2020**  
**6:00-8:00 PM**

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The Maple Center  
1801 N 6th St.  
Terre Haute, IN 47804  
in the Larry P. Fleschner Classroom  
- Suite 400

**For all 5 classes:**  
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**\$85 for Face-to-face**  
in classroom  
(Includes food samples)

or



**\$50 Live Virtual**  
via Zoom  
(Information only)

**REGISTER at [www.maplecenter.org](http://www.maplecenter.org) or call 812-234-8733**  
**Registration Deadline is Monday, October 12, 2020**



The Maple Center  
for Integrative Health



**FOOD FOR LIFE**  
Kickstart Your Health

**PCRM** Physicians  
Committee for  
Responsible  
Medicine



# FREE!

No Sign up or Registration Required

Walk - In Clinic



MONDAYS 3-6PM

ARRIVE BY 5:20, 45 MINUTES  
FOR NADA PROTOCOL

## AURICULAR ACUPUNCTURE

THE MAPLE CENTER'S FLESCHNER MEMORIAL CLASSROOM

1801 N. 6th St. - Suite 400



# FREE

## Chair Yoga

Thursdays 10am-11am



Classes will be held virtually,  
live and recorded, on  
The Maple Center's Facebook Page.  
[@themaplecenternonprofit](https://www.facebook.com/themaplecenternonprofit)

Room is available for 8 people to participate in the Fleschner Memorial Classroom with the instructor while social distancing.

This is a unique program for all, who would like to discover yoga but need modification due to illness, injury, limited range of motion, age, etc. We will use a chair and other props, if needed, to support you in your practice!



**The Maple Center**  
for Integrative Health Nonprofit 501 (c)3  
1801 North 6th Street, Suite 600  
Terre Haute, IN 47804  
812-234-8733  
[www.maplecenter.org](http://www.maplecenter.org)

Sponsored By:







## ***Practicing Gratitude with Barbara Michelle Edwards***

**1:30-3:00 PM on Wednesday, October 14, 2020**

Barbara Michelle Edwards MS, MSW, LSW, CADAC II, MATS is a Behavioral Therapist at IVY Tech in Terre Haute, IN. She is employed by Valley Professionals and has been working in the Terre Haute area since 2016. She teaches adjunct at ISU and has been working in the field of behavioral health since 2008. She will present how to use gratitude as a positive tool to help with coping in difficult times. She will discuss how having gratitude can help us cope with traumatic events, challenge negative thinking, and improve our well-being.

## ***Staying Active for Immunity and Overall Health with Kelsey Terry and Molly Pabst***

**1:30-3:00 PM on Wednesday, November 11, 2020**

Join Kelsey Terry and Molly Pabst, owners of Common Ground CrossFit and Yoga to learn why exercise throughout life, but especially as we age, is so vital to good health. From the physical body, to the mind and soul, exercise seems to be a key to living a long, healthy life. In this session we will not only unpack all the benefits of exercise for health and immunity but also give you guidelines and best practices for introducing exercise into your daily regime no matter what your fitness level.

### **How to Register for OLLI Programs:**

OLLI is offering their programs online via Zoom at this time. There will be a very limited number of seats available on campus for the live presentation in order to allow for social distancing and you must register. There will be plenty of availability for the virtual registration.

There are three ways you can get and register for OLLI programs:

1. [Instant registration link here.](#) With this version, you will just complete the form, which will be automatically emailed to us and you can either mail in a check to OLLI at ISU or call the OLLI office to pay by credit card over the phone.
2. [OLLI at ISU website link here.](#) and find a printable PDF version of the newsletter with a printable registration form. After printing and completing the form, you can both mail in a check to OLLI at ISU with the registration form or mail in the form and then call the OLLI office to pay by credit card over the phone.
3. Use the online registration software that will allow you to view the programs being offered and then pay on-line with a credit card. [The link is here](#)

Just as a friendly reminder, the OLLI office will have someone in the office to answer phone, take registrations and payments but we will be closed for walk in services.

**HAPPY  
HALLOWEEN**

## Family Yoga

Live on Zoom  
Saturday October 24th  
10:00 -10:40am



Parents and their children are invited to join this special Halloween-themed yoga class designed for yogis of all ages. Instructor Ellie Templeton will be leading parents and kids through basic yoga poses, breathing techniques, simple meditation and relaxation. Games, music and partner poses will make the class engaging for all students. No prior yoga experience needed.



For the link to join, you can sign up on our website or contact our office if you have any questions.



The Maple Center Nonprofit  
[www.maplecenter.org](http://www.maplecenter.org)  
(812)234-8733  
[programs.maplecenter@gmail.com](mailto:programs.maplecenter@gmail.com)



## Mind-Body Skills

A virtual experiential investigation of the integral relationship between mind, body, & wellness.

Taught by Suzanne Kunkle, Ph.D., H.S.P.P.

Nov. 14, 9am-12pm &  
1-4pm &  
Nov. 15, 1-4pm  
on Zoom



The workshop is \$5 and registration is required.  
Class size is limited.  
Register at  
[www.maplecenter.org](http://www.maplecenter.org)

You will learn and practice the following mind-body modalities:

- Movement, exercise, and breathing
- Biofeedback and autogenic training
- Meditation
- Guided imagery
- Yoga, Tai Chi or Qi Gong,
- Mindful and healthy eating as a component of self-awareness
- Relaxation





## 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.

**amazon**smile

You shop. Amazon gives.

- Register your Kroger Plus Card online at [www.krogercommunityreward.com](http://www.krogercommunityreward.com), using our organization's name. We receive a percentage of your purchases every time you swipe your card at the



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

# 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**



## 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.