



Monthly Matters from the Maple Center

February 2015

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Lung Cancer Screening-Annual Low Dose Lung CT for 55-77 yr olds with significant smoking history

Kathy Stienstra, MD

Info from Medscape.com

Medicare will now pay for an annual lung cancer screen with Low Dose CT for beneficiaries who are 55 to 77 years of age and who are either current smokers or quit smoking in the previous 15 years, who have a 30 pack-year history of tobacco smoking (an average of one pack a day for 30 years), and who have a written order from their health care provider. Notably, the coverage includes a visit for counseling and shared decision-making on the benefits and risks of lung cancer screening.

This is the first time that Medicare has covered lung cancer screening.

Approximately 4 million Medicare beneficiaries meet the eligibility criteria for screening, according to the nonprofit Lung Cancer Alliance.

The road to the coverage decision has been bumpy for advocates and proponents of lung cancer screening.

In April 2014, the Medicare Evidence Development & Coverage Advisory Committee [voted against](#) recommending national Medicare coverage for annual lung cancer screening with LDCT in high-risk individuals. The ruling ignited intense pushback from healthcare professionals, patient advocates, and professional associations, as reported by *Medscape Medical News*. More than 40 medical societies urged the CMS to provide coverage for older adults. Even politicians entered the fray, with members of the US House and Senate asking CMS to reimburse for screening.

One of the criticisms of the screening is its very high rate of false positives. In the [landmark study](#), 96.4% of the positive screens in the LDCT group were false-positive results. This means that many people went through diagnostic procedures that have risk and associated worry/anxiety. In the 53,000-person trial, there was a 20% reduction in death from lung cancer in current and former heavy smokers screened with LDCT, compared with chest x-rays ($P = .004$). The study, which was published in 2011 and is the primary evidence of the effectiveness of LDCT, had a median follow-up of 6.5 years.

The cost of lung cancer screening has also been questioned. However, a [2014 analysis](#) demonstrated that such a screening program could result in the detection of approximately 54,900 more cases of lung cancer during a 5-year period, most of which would be at an early, more treatable stage. This extrapolates to a cost increase of \$9.3 billion, or an increase of \$3 per month in beneficiary premiums.

If you meet the screening criteria, consider talking with your health care provider about ordering the low dose lung CT scan once/year.



Breastfeeding Coalition News

Community

Resources

The Breastfeeding
Coalition of the
Wabash Valley

Location: The Maple
Center, 1801 N. 6th St
Terre Haute

Compassionate Friends
Indiana Wabash Valley
Chapter

4th Thursday of Each
Month

6:30-8:00 PM

1875 South Fruit ridge
(Universalist Unitarian)

Information, memorial
tributes, donations, and
free e-newsletter subscrip-
tion, please contact us at:
tcfwv@googlegroups.com.

Facebook: Type

Compassionate Friends of
the Wabash Valley.

Terre Haute Birth
Network

Advocacy organization to
promote "normal, mother/
baby-friendly birth"

For more information:

Terre Haute Birth and Beyond
Network on FACEBOOK Or
<https://sites.google.com/site/hbirthandbeyondnetwork/>



Why is my baby drinking less at day care?

Concerns arise when mothers begin placing their infant/child in a day care or with a family member. One of the most common is the change in the infant/child's feeding routine. This article was a mother's dilemma with her 8½ month old infant feeding changes. Thanks to Le Leche League breastfeeding mother's sharing their experiences and providing much support to this mother, this mother had several factors that provided her with encouragement & knowledge that hopefully aided in prolonging the art of

"Making It Work" is a regular feature of the magazine NEW BEGINNINGS, published bimonthly by La Leche League International. In this column, suggestions are offered by readers of NEW BEGINNINGS to help mothers who wish to combine breastfeeding and working. Various points of view are presented. Not all of the information may be pertinent to your family's lifestyle. This information is general in nature, and not intended to be advice, medical or otherwise.

Mother's Situation

My eight-and-a-half-month-old used to drink nine ounces of my expressed milk at day care. Recently, she has cut way back. Yesterday she drank just three ounces, and today it was about the same. A week ago, we were on vacation so she didn't get anything from a bottle for seven days. What could be going on?

Mother's Response

My nine-month-old did the same thing. He had an ear infection and was up multiple times during the night. He went from sleeping 11 hours in two long stretches to waking two to four times per night. About the same time, he also began refusing the bottle at day care. Because he was only getting four to eight ounces of milk at day care and wasn't all that into solids yet, I didn't worry too much about the night-waking issue since he seemed to need the extra nursing. Since I was away from him all day, I didn't mind nursing him at night again. He was basically taking no bottle or only one bottle at day care each day and nursing several times each evening and at night. He had reversed his days and nights. The bonus for me was that I was able to stop pumping! I continued for a couple of months, but at that point, it was apparent that the pattern was going to stick, so I stopped pumping at work and just nursed him all night. His night nursing continued until he was 25 months old and self-weaned.

Mary Beth
Ann Arbor MI USA

Mother's Response

It could be that your daughter is just getting more milk from you in one sitting than she was before, causing less need for a bottle at day care. My son went through the same thing when he was about six months old.

Even though I am no longer nursing, my son continues to drink more in the evening and very little during the day at day care. I attribute it to the fact that he still wants his one-on-one mommy time. If your daughter has started solid food, she may have less of a need for fluids during the day. As long as she seems content and is growing, I wouldn't worry about it.

Kristi Altenburg
KS USA

Mother's Response

My youngest daughter is almost 10 months old. She tends to scale back on the amount of milk she takes right before and while she's teething. Are there any little rogue teeth in your daughter's mouth trying to find their way out?

I have found solace in the sound advice that babies will eat when they are hungry and stop when they are done. If it makes you feel more comfortable, take her to her pediatrician just to rule out an illness or ear infection, which can curb an appetite. In my experience, this is just one of many ebbs and flows that babies' appetites (and much else) will go through.

Kate Munoz
Omaha NE USA

This article shows how supportive and informative your Le Leche League and its members can be to help through the growing pains of the nursing dyad. Hope you enjoyed and/or learned from this article and the member feedback to this particular mother.

From NEW BEGINNINGS, Vol. 24 No. 6, November-December 2007

Help Your Child Lose Weight & Have FUN!



Lifestyle Education And Food Class

Ages 8-12

Class will be held at Saint Mary-of-the-Woods College, Hulman Hall

March 12—April 30, 2015

Thursdays 6:30-8:30 PM

Cost \$65.00 per youth

For Medicaid recipients with a current card the cost is \$6.50.

Financial assistance available for other income levels also.

What can do for you !

- Have more energy
- Make healthier decisions
- Try new foods
- Get Active
- Manage Stress
- Make New Friends
- Create mindful eating habits
- Sleep better
- Learn Exercises

This Initiative is presented by the Pomeroy Wellness Program – a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit www.smwc.edu/wellness

Scholarships made available by a grant from the Wabash Valley Community Foundation

For more information contact: The Maple Center for Integrative Health

1801 North Sixth Street, Suite 600

Terre Haute, IN 47804

www.themaplecenter.org

812-234-8733



OLLI: Integrative Health to Optimal Wellness Series

At Landsbaum from 1:30 - 3:00 pm

Cost: No charge and no OLLI membership needed

March 11, 2015

Janice Croft, MS, LMHC, NCC

Presents: **“Change Your Thoughts, Change Your Health”**

The way we think has a direct influence on our moods, level of stress, and our physical and mental health. This presentation will teach participants to change their self-defeating patterns of thinking and create a more positive and optimistic way of thinking, thereby decreasing their stress hormones and improving their mood and health.

April 8, 2015

Penny Money, NMT, Aroma Touch Certified with doTerra "Certified Pure Therapeutic Grade Oils"

Presents: **“Essential Oils and their Impact on Personal Health Practices”**

Penny will be presenting a brief history of essential oils. She will address how essential oils interact with the body as well as the benefits of their daily use. Touching on "Why" you would use doTerra essential oils. How to use "Certified Pure Therapeutic Grade Oils" to help arrest a sore throat, the common cold, headaches, pain, viruses and much more as they are natural and affective. They work with your body to address issues and root causes on a cellular level. She will have a computerized Zyto hand scanner used by many health care professionals available to survey 76 bio markers in the body.



February is National Heart Health Month

Heart disease is the number one cause of death for men and women in the United States. Heart disease is a term and includes conditions such as coronary artery disease, heart attacks, cardiac arrest, congestive heart failure, and congenital heart disease.

It is important to know that the choices you make in your diet, physical activity, and stress management can strongly impact your heart health. For this month's newsletter we've included information on symptoms to recognize, the heart health assessment for our community, as well as a delicious and healthy vegan recipe. Lastly, if you are interested in improving your health and learning about how you can do so, our latest LEAF program starts on March 12. Learn more about LEAF pages 8-9 of this newsletter!

12 Heart Symptoms Never to Ignore

David Freeman of WebMD

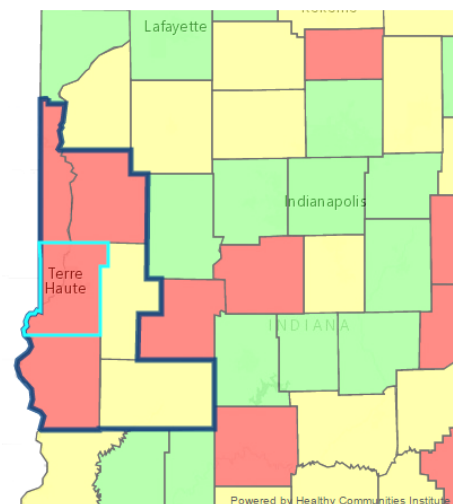
1. **Anxiety**
2. **Chest discomfort**—often centered under the breastbone, perhaps a little to the left of center
3. **Cough**—persistent coughing or wheezing
4. **Dizziness**
5. **Fatigue**
6. **Nausea or lack of appetite**
7. **Pain in other parts of the body**—pain begins in the chest and spreads to the shoulders, arms, elbows, back, neck, jaw, or abdomen. But sometimes there is no chest pain.
8. **Rapid or irregular pulse**
9. **Shortness of breath**
10. **Sweating**
11. **Swelling**—swelling can occur in the feet, ankles, legs, or abdomen.
12. **Weakness**

How does Terre Haute rate in heart health?

The Terre Haute Chamber of Commerce assesses community health needs. More information for other health indicators can be found on the Terre Haute Chamber of Commerce website.

The age-adjusted death rate due to coronary heart disease for Vigo County is depicted to the right.

Vigo County rates with 159.1 deaths/ 100,000 population (2010-2012). The ideal death rate is ≤ 141.6 deaths/ 100,000 population.



● ≤ 114.6 ● In-between ● > 140.7

Eggplant Rollups with Black Bean-Potato Stuffing



In honor of Heart Health Month, try your hand at the vegan, heart-friendly recipe! If you were able to join us for our Annual Dinner, this is the recipe for one of the dishes served. We hope you'll be able to enjoy and share this delicious meal with friends and family! Recipe and photos by Alina of the Vegan Runner Eats website.

- 1 LARGE eggplant
- 1 cup prepared marinara sauce (or more, to taste)
- Stuffing:
 - 2-3 medium potatoes, cut into 1-inch dice (about 1 1/2 cups cubed)
 - 1 medium onion, sliced
 - 3 garlic cloves
 - 1/2 yellow or orange bell pepper, sliced into 1-inch-long strips
- 1 can black beans, drained and rinsed
- 1 Tbsp oregano
- 1/2 Tbsp thyme
- 1/4 Tbsp sage
- 1/2 Tbsp paprika
- 2 Tbsp nutritional yeast
- salt, pepper to taste

Instructions

To Prepare Eggplant:

Slice eggplant lengthwise into 1/3 to 1/4 inch-thick slices. Sprinkle salt on both sides of each slice, put all slices in a bowl, and let sit for 15-20 min, until eggplant slices release their bitter juices.

Meanwhile, preheat the oven to 400°F. Pat each slice dry with paper towels to absorb the bitter juices. Lightly spray both sides of each eggplant slice with cooking spray. Arrange slices on a cookie sheet.

Bake in the oven for 15 min, then flip each slice and bake for another 5-10 min, until eggplant is soft. It doesn't need to be completely done at this point, just soft enough to roll up. Remove eggplant from the stove and set aside to cool. Reduce the heat of the oven to 375°F.

Alternatively, you can grill eggplant for about 5 min per side.

To Prepare the Stuffing:

If you have a steamer or a pan equipped with a steamer insert (kind of like a colander), set it up on stovetop and steam cubed potatoes until they are soft, about 10-15 min. If you don't have a steamer, boil potatoes until done, drain and set aside.

Meanwhile, heat 1-2 Tbsp of water or vegetable broth in a nonstick pan on medium heat. When the liquid is bubbling, add chopped onions and saute them for 5 min until soft, stirring occasionally. Add minced garlic and saute for 30 seconds. Add sliced bell pepper, saute for 3 min.

Add drained and rinsed black beans along with oregano, thyme, sage, and paprika. Stir well and let the beans heat through, about 3 min. Add steamed or boiled potatoes, stir the mixture breaking up potatoes slightly.

Put the potato-bean mixture into a large bowl, add nutritional yeast, mix well and taste. If you prefer a saltier taste, add salt.

To Make the Rollups:

Add 1-2 Tbsp of marinara sauce to the bottom of an ovenproof baking dish (I used an 8 by 8-inch Pyrex glass pan).

Take a slice of baked eggplant, put a large spoonful (about 1/3 cup or more) of potato-bean stuffing on one end of the slice, and cover it with the remaining part of the slice. Ideally, the ends just need to touch. If they overlap, you may add more stuffing; if they don't touch, remove some. Put your rollup into the baking dish with the seam facing down.

Proceed with the rest of the eggplant pieces. You may have some extra stuffing left if your eggplant wasn't big enough. Once all of the rollups are in the baking dish, pour the rest of marinara sauce over them, spreading to cover all rollups evenly.

Bake uncovered for 20 min at 375°F. Once done, let cool for 5-10 min before serving.



HEAR YEE! HEAR YEE! HEAR YEE! LET THE BELL TOLL FOR LEAF 4

Come one and come all to the 3rd FREE information session to learn about LEAF (Lifestyle Education and Food)! This program will provide you with the education to make healthy choices that can help decrease chest pain, open clogged arteries, reduce or reverse diabetes, decrease joint pain and MORE.

This FREE information session will be held on Monday, February 23rd at Union Hospital East in the atrium level classroom. There is absolutely NO CHARGE and NO OBLIGATION to attend this information session. No registration is required either for the information session....just show up and be ready to learn a lot and enjoy the enthusiasm of the LEAF leadership team!

The LEAF 4 class will be held one night per week on Thursdays at Saint Mary-of-the-Woods campus. The first night of class will be March 12th and last night of class will be April 30, 2015 followed by a wonderful commencement on May 7, 2015. The cost for this class is a low price of \$65 per person (or lower for anyone with Medicaid insurance). Please see the full page flyer in the rest of this newsletter for even more information. You also are welcome to call the Maple Center for more information and the office staff there can also put you in touch with me for additional assistance if desired.

As the saying goes..."the early bird gets the worm" so don't delay because we are accepting a total of 90 new class participants for LEAF 4. The class is over ½ full and this is our last opportunity for now to offer the class at this reduced rate. After this class finishes, our grant support will be gone so the cost of the class will return to a higher amount. You can register for the class by coming to the information session or directly thorough the Maple Center.

THANKS!

Karen Cunningham
Wabash Valley LEAF (adult) Coordinator
kcunningham@themaplecenter.org





Wabash Valley LEAF (Lifestyle Education And Food) (LEAF replaces the CHIP program)

Join us for a fresh start and a healthier tomorrow!



Class location: Saint Mary-of-the-Woods College - 6:15 PM to 8:30 PM

Class will start March 12, 2015 to May 7, 2015

Cost \$65.00 per person

For Medicaid recipients with a current card the cost is \$6.50.

Financial assistance is available for other income levels also.

The Wabash Valley LEAF Program can help you to survive and thrive. In 8 weeks, you will learn to eat healthy, exercise moderately and practice stress management techniques in an atmosphere of friendly group support. These lifestyle changes have been shown to improve, prevent and even reverse heart disease. LEAF can also teach you how to reverse other chronic diseases such as diabetes, hypertension, gout, and high cholesterol. If you have cancer, these changes have been shown to improve the quality of life, survival, and reduce recurrence.

FREE Information Session - Learn More with NO OBLIGATION

**Monday, Feb. 23, 2015 from 7-8:30 PM
at Union Hospital East - Atrium classroom**

The LEAF Program includes:

- (2) Health screens (before & after) that include cholesterol/lipids, blood sugar, blood pressure and includes free hearty breakfast
 - (2) Lifestyle evaluations and personalized counseling
- (8) dynamic health and lifestyle lectures with food demonstrations and samples
 - Resource book and program notebook (with recipes)
 - Grocery shopping education and tours of local stores
 - Free monthly alumni support meetings

This initiative is presented by the Pomeroy Wellness Program — a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit www.smwc.edu/wellness

Scholarships made available by a grant from the Wabash Valley Community Foundation



For more information contact:
The Maple Center for Integrative Health
 1801 North Sixth Street, Suite 600
 Terre Haute, IN 47804
www.themaplecenter.org 812-234-8733





Wabash Valley LEAF/CHIP Chats

January 2015

It's hard to believe, but another year has come and gone (all too rapidly for me!). That means 'some of us' are going to get another year older soon. I think I shared some words of wisdom with you in a past newsletter that I saved out of a newspaper many years ago about growing old. If you will bear with me, I would like to share it again.

...On Youth

"Youth is not entirely a time of life; it is a state of mind. It is not wholly a matter of ripe cheeks, red lips or supple knees. It is a temper of will, a quality of the imagination, a vigor of the emotions. Nobody grows old by merely living a number of years. People grow old only by deserting their ideals. You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fears; as young as your hope, as old as your despair. In the central place of every heart, there is a recording chamber. As long as it receives messages of beauty, hope, cheer and courage, you are young. When the wires are all down and your heart is covered with the snows of pessimism and the ice of cynicism, then and only then have you grown old." From Dear Abby

The years on the calendar pages may have added up faster than we'd like, but if you don't have to accept it sitting down. The wonderful thing about the CHIP, and now LEAF, program is that it has taught us that we can do something about this aging process that sneaks up on us all too soon. We have seen it time and again over the years with the people who have gone through the program. It still is exciting to hear a class member share how much better they feel by making a few simple easy changes to their lifestyle. Knees don't hurt, joints don't ache, sleep better, migraines are better, etc... As much as we would like **not** to believe it, these problems we lived with on a daily basis probably contributed to the 'snows of pessimism and ice of cynicism' and made us old before our time. I, for one, will be eternally grateful to Dr. Stienstra for her gentle persuasion to try the CHIP program. My drivers' license may say that I am "??" years old, but in my mind I'm only half that! You are only as old as you feel, right? Living with a teenager definitely changes your perspective on things.

On a lighter note...Registration started Monday, January 12th for LEAF 4 and the response has been good. We are more than a quarter of the way to the 100 mark already. The alumni slots filled up in a hurry. There have been several families who have signed up, as well as people from the last LEAF class who are bringing co-workers with them. If you know someone who is interested in, now is the time to encourage them to contact the Maple Center or attend the info session at Providence Place in West Terre Haute next Wednesday, January 28th. There are a maximum number of 90 spots for new participants with this class and at the bargain price of \$65.00 the remaining spots could fill up fast. The grant money will be gone after this class so the cost will go back up, we hope (but cannot promise at this time) to no more than it was before we were part of the Pomeroy Wellness Program. Time is of the essence!

I had an idea a couple of weeks ago and would like input from all of you. Would you have any interest in a 'lending library' of cookbooks that fit our lifestyle? I have an overabundance of books I acquired over the past four years and can't possibly use all of them. Some of the team is willing to share theirs also. Deanna has graciously offered space in the library at the Maple Center if there is enough interest. If you are just starting out, it would be a good way to 'try before you buy'. Please send me your thoughts and ideas.



Wabash Valley LEAF/CHIP Chats

The recipe of the month...

Almond Poppy Seed Cake

1 ½ cups non-dairy milk	8 ounces dates, pitted and quartered (about 12 +Medjool)
1 ½ tsps. almond extract	1 ¼ cups rolled oats, ground into flour
2 ½ Tbsp. poppy seeds	¾ cup dry uncooked millet, ground into flour
2 tsps. baking powder	1 Tbsp. lemon zest

Preheat oven to 325. Line a 9 X 5 loaf pan with parchment paper (or use a silicone baking pan). In small bowl, place the chopped dates, non-dairy milk and almond extract. Set aside to soften the dates.

Grind the oats and millet together into flour in your blender and place in a mixing bowl. Add to this the baking powder and poppy seeds. Mix together with a fork.

Blend the dates, non-dairy milk and almond extract until smooth. Pour into the bowl of dry ingredients along with the lemon zest and mix just until all of the dry ingredients have been incorporated.

Pour the batter into pan and bake for 55-60 minutes uncovered. The bread will be done when it is an even medium brown and some cracks in the top. Insert a toothpick and if it comes out clean, it's likely done. Let cool for 15 minutes before removing from the pan to cool further on a cutting board. (It will rise then fall a bit during cooling.) Cool another 20-30 minutes before slicing. Serve as is, or with Lemon Frosting.

Frosting: 3 ounces dates, pitted and quartered (4-5 Medjool dates), ¼ cup water, 2 Tbsps. unsalted cashews (1 ounce), juice from 1 medium lemon (about ½ cup).

Place all ingredients in a blender and set aside for 15-20 minutes so that the dates and nuts will soften. Blend until very smooth. Frost just before serving.

Enjoy!

Ruth Pleus

Leadership Team/AmeriCorps Member



The Power of Food for Cancer Prevention and Survival

Wabash Valley LEAF (Lifestyle Education and Food) Cancer Focused Classes Based on the award-winning Food for Life Program

Based on PCRM's award-winning Food for Life program, **The Maple Center for Integrative Health** is delighted to bring valuable, lifesaving nutrition information to the Wabash Valley community. Healthy Lifestyle can be as powerful as chemotherapy in preventing recurrence.



Join Food for Life Educational Alliance Program Partner **The Maple Center for Integrative Health's** educators, **Kathleen Stienstra, MD, Julie Fine, PhD, FNP and Sylvia Middaugh, Dietitian**, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

REGISTER TODAY!

Classes every Tuesday, 6:30 – 8:30 p.m.

Cost: \$35 for the 4-class series

Thanks to the Wabash Valley Community Foundation, Sliding Scale Scholarships are available



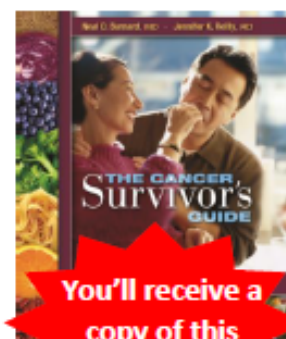
- Tuesday, April 7** Introduction to How Foods Fight Cancer
- Tuesday, April 14** Fueling Up on Low-Fat, High-Fiber Foods
- Tuesday, April 21** Discovering Dairy and Meat Alternatives
- Tuesday, April 28** Cancer-Fighting Compounds and Healthy Weight Control

To register, call **812-234-8733**
or go to www.themaplecenter.org

LOCATION

Maryvale Apartments

3461 Saint Marys Road, West Terre Haute, IN 47885



You'll receive a copy of this book!



The Food for Life Program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501c3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research. The Maple Center is an Educational Alliance Partner with PCRM



FOOD FOR LIFE
Cancer Project



This initiative is presented by the Pomeroy Wellness Program – a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of Better Health Wabash Valley and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit www.terrehautechamber.com.

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



Integrative Medical Consultation

Wednesday & Friday
By Appointment

Jennifer Brooks, PA-C

Clinical Appointments
Call 812-235-4867

Neuromuscular Re-education

Tuesdays, Wednesdays, & Thursdays
or
By Appointment
Fee: \$60.00: 1hr. Treatment

Penny Money
Call 317-670-3764

**Newsletter article submission due by
the 22nd of each month for the
following month.
Email article to
dferguson@themaplecenter.org**

Therapeutic Massage Therapy

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

Nutrition for Healing, PC

By Appointment

Sylvia Middaugh, MS, RDN, CD
sylvia@foodthatheals.us
Call (812) 229-4059

Music Therapy

By Appointment
Fee: \$50.00 : 50 Minute Session

Tracy Richardson, PhD, MT-BC
Clinical Appointments
Call 812-249-4290

**Available in the
Maple Center Lobby!**

circle of hope
bracelets



*Symbol of life and visible connection among women involved in the fight against cancer.

*Donated more than \$1.5 million to cancer research, education, and care.

We will continue the fight against cancer.... With your support.



The Maple Center for Integrative Health

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Terre Haute, IN 47804

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Nonprofit Office: (812) 234-8733

Website: themaplecenter.org

E-mail: dferguson@themaplecenter.org



For update on programs and
clinical services "like" us on Facebook!

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

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.

The center offers professionals trained in acupuncture, health coaching, integrative medicine, neuromuscular integration, nutritional counseling, therapeutic massage, and therapeutic touch.

For more information on our programs, workshops, or professional services contact us at (812) 234-8733 or visit our website: themaplecenter.org



Dr. John Black Memorial Library

How do I find the book from The Maple Center library collection online?

If you click on the link available on the John Black Memorial Library's page (www.themaplecenter.org, click on Resource) or copy and past the following link, you will be taken to the collection directly: http://books.google.com/books?UId=108073147105936153925&source=gbs_lp_bookshelf_listg8u.

When you get three, you will have the option of searching within The Maple Center's collection, or the entire world of Google Books.

Monthly Vegetarian Dinner

Bring a vegetarian dish
and recipe to share,
Contact Debbie Stevens at
debbiestevens53@gmail.com

We are on the web at
www.themaplecenter.org