

MONTHLY MATTERS



THE MAPLE CENTER FOR INTEGRATIVE HEALTH

December 2015

MAPLE CENTER UPDATE

There have been many functions that have occurred this year, several OLLI presentations were given, several health fairs attended, the golf outing, our annual fundraising event and many meetings about future events. Plus we have graduated two LEAF classes, had diabetes classes, cancer classes, helped with Whip It Up Wednesdays, and offered yoga classes. These events could not have occurred and been successful without the help of our many volunteers and donors. **Thank you so much for every hour you helped, every dollar you sent and every item that you donated!**

As we look to the future, we are excited about continuing our community education programs for the Wabash Valley concerning integrative health and healthier lifestyle choices. We have already scheduled additional OLLI presentations, signed up to participate in several health fairs, and received a grant to continue our partnership in the Pomeroy Wellness program. These are just few of the events already planned for the upcoming year.

We would like your input on future programming too, so if you have topics you would like more information on please let us know. You may do so by sending an email to dferguson@themaplecenter.org

HAPPY HOLIDAYS FROM THE STAFF AT THE MAPLE CENTER !



*We are like a
Snowflake,
All different in our own
beautiful way.*

~Unknown

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Welcome Dr. Kristen Walton, DC, CAc to The Maple Center for Integrative Health

We would like to welcome Dr. Kristen Walton to The Maple Center!

Dr. Walton graduated valedictorian from Logan University near Saint Louis, MO. In addition to the Doctor of Chiropractic degree, she has advanced training in acupuncture, functional nutrition, and has post-doctorate certification as an Internal Health Specialist through Logan University. Her other interests include pediatric health, nutrigenomics and additional forms of natural medicine.

Dr. Walton will focus on finding the underlying cause of your health issue. In January she will begin offering comprehensive functional health appointments, as well as traditional Chinese acupuncture services to patients of all ages. These include

FUNCTIONAL HEALTH:

Support individual patient physiology utilizing dietary recommendations, nutraceuticals, and lifestyle education.

CHINESE ACUPUNCTURE:

Balancing body meridian energy with acupuncture, moxibustion (in-office smokeless burning of mug wort- *Artemisia argyi*), cupping (mechanical suction) and/or recommendation of traditional Chinese herbs to support various physical, mental, and emotional conditions.

To schedule an appointment with her contact:
The Maple Center for Integrative Health
(812) 234-8733



GIFT CERTIFICATES AVAILABLE

***For the person who has
everything!***

The Maple Center has gift certificates available for the following services:

- Acupuncture
- LEAF (Lifestyle Education And Food) Classes
- Music Therapy
- Neuromuscular Re-education
- Therapeutic Massage
- Therapeutic Yoga

**HAVE A SAFE AND
HAPPY HOLIDAYS!**

HEALTHY HOLIDAY DESERT OPTIONS

Nummy Brownie Bites!



plantpoweredkitchen.com

There are several yummy, yet healthy recipe options online that can be used as replacements for the traditional holiday cookies and candies. Here are just a few.

Nummy Brownie Bites

Ingredients

- 1/2 cup pitted dates
- 1/3 cup pure maple syrup
- 2 Tablespoons almond butter*
- 1-1/2 teaspoons pure vanilla extract
- 1 cup almond meal
- 1/2 cup oat flour
- 1/4 cup cocoa powder
- 1-1/2 teaspoons baking powder
- 2 Tablespoons raisins (optional)
- 2 Tablespoons non-dairy chocolate chips

1DIRECTIONS

1. Preheat oven to 325°F (not 350°F).
2. In mixer fitted with the paddle attachment, add maple syrup and dates (increase softness of the dates by soaking them in the maple syrup, for about 1/2 hour). Start by processing on a low speed and slightly increase speed slightly to fully pulverize and smooth dates. There can be texture in the puree but no large pieces of dates should remain. Continue to process until puree is smooth.
3. Add the almond butter* and vanilla and mix briefly until incorporated into the mixture. Once smooth, turn off mixer and add almond meal, oat flour, baking powder and cocoa powder.
4. Process on a low speed until mixture comes together. Add raisins and chocolate chips and mix for one more minute. The mixture will be sticky and dense.
5. Use a small cookie scoop (about 1 tablespoon in size) and transfer mounds of the batter on to a baking sheet lined with parchment paper.

Reference: <http://www.ucdintegrativemedicine.com/recipes/nummy-brownie-bites/>

Oatmeal-Maple Cookies

INGREDIENTS

- 1 cup oats
- 2/3 cup whole-wheat flour or barley flour
- 2 tablespoons flaxseed meal
- 1/3 – 1/2 cup raisins
- 1/3 cup maple syrup, brown sugar, agar nectar or honey
- 1/2 cup oat milk or water
- 1 tablespoon vanilla extract

DIRECTIONS

1. Preheat oven to 350 °F.
2. Toast oats until golden brown. Watch carefully so they don't burn.
3. While oats are toasting, mix remaining ingredients, in order of ingredients list, in a medium bowl. Add toasted oats and mix well.
4. Put 10-12 tablespoons of dough on a nonstick baking sheet and flatten with the back of a fork.

Reference: <http://www.ucdintegrativemedicine.com/recipes/oatmeal-maple-cookies/>



Pumpkin Spiced Cookie

Ingredients

- | | |
|---------------------------------------|--|
| 3 cups whole-wheat pastry flour | 1 15-ounce can solid-pack pumpkin (about 2 cups) |
| 4 teaspoons sodium-free baking powder | 3/4 cup sugar |
| 1 teaspoon baking soda | 1/2 cup molasses |
| 1 teaspoon salt | 1 cup soy milk, rice milk, or water |
| 2 teaspoons cinnamon | 1 cup raisins |
| 1/2 teaspoon nutmeg | vegetable oil spray |

Directions

Preheat oven to 350 F.

Mix together flour, baking powder, baking soda, salt, cinnamon, and nutmeg. In a separate bowl, combine pumpkin, sugar, molasses, and nondairy milk or water. Combine the two mixtures, then stir in raisins. Drop by tablespoonful's onto a vegetable oil sprayed baking sheet. Bake 15 minutes, or until lightly browned. Remove from baking sheet with a spatula and place on a rack to cool. Once cool, store in an airtight container in the refrigerator.



Reference: http://support.pcrm.org/site/MessageViewer?dlv_id=107143&em_id=97323.0

Community

Resources

The Breastfeeding

Coalition of the

Wabash Valley

[www.themaplecenter.org/
programs-and-workshops/](http://www.themaplecenter.org/programs-and-workshops/)

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/](https://sites.google.com/site/hbirthandbeyondnetwork/)

2015 BREASTFEEDING WORKS AWARD



The first week of August is chosen as World Breastfeeding Week, a time to celebrate and promote the many wonderful aspects of breastfeeding. Support for the breastfeeding mother is vital as she learns how to nurse her infant and as she continues breastfeeding during the important first weeks, months and yes, even years. Support comes from those closest to her; spouse, family, friends, health care providers, and branches out to include breastfeeding and parenting groups, and if she has been employed outside the home and chooses to return to work, employers.

The Breastfeeding Coalition of the Wabash Valley recognizes workplaces and employers who provide a breastfeeding friendly work environment for the mother returning to work and choosing to continue breastfeeding. The Coalition reviewed nominations submitted by mothers across the Wabash Valley for this year's award. Earning top recognition this year was "**Gordon Chiropractic Health and Wellness Center**", one letter of recommendation stated, "My employer was very accommodating. I was able to schedule time to pump or nurse, if my little one was available."

Past winners of the "Breastfeeding Works" award have been St. Mary of the Woods, Bemis Corporation, Days Inn of Terre Haute, Union Hospital Health Group, and Larry Paul Tanning in Sullivan, IN.

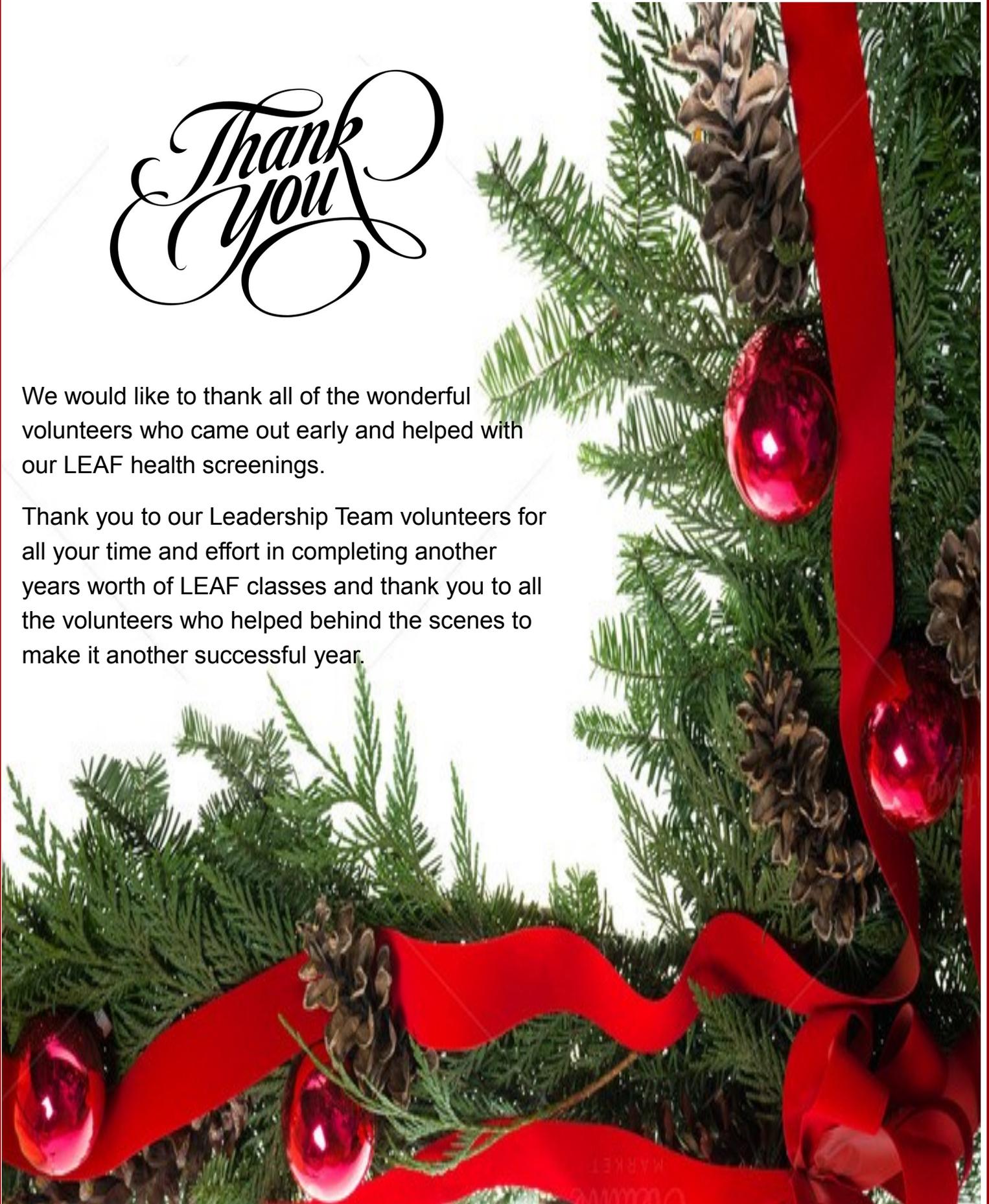
A colorful plaque was presented to Dr. Christine Gordon of Gordon Chiropractic Health and Wellness Center commemorating her support in offering a breastfeeding friendly environment for employees.

Pictured (Left to right) is Lindsey Holt, employee, Dr. Christine Gordon, owner and Deanna Ferguson, Executive Director of The Maple Center Nonprofit.

Thank You

We would like to thank all of the wonderful volunteers who came out early and helped with our LEAF health screenings.

Thank you to our Leadership Team volunteers for all your time and effort in completing another years worth of LEAF classes and thank you to all the volunteers who helped behind the scenes to make it another successful year.



Breastfeeding Multiples Is Possible

Most information regarding breastfeeding relates to a single infant which leaves those who expect giving birth to multiples the idea that they cannot produce adequate milk for 2, 3 or more babies at one birth.

Most mothers are able to make enough milk for twins. Many mothers fully breastfeed or provide milk for triplets or more. There are some pointers that one needs to keep in mind for multiple births which apply for singleton births also, but most important to get your milk supply for multiples as adequate as needed.

Pointers toward making enough milk –see to the right:

Many twin and multiple babies are smaller or born premature. Keep in mind that breast milk has been shown to help premature babies grow & ward off illness. These infants will need more skin-to-skin contact with mom & dad to help keep them warm.

If infant stays in hospital longer than anticipated keep working with the hospital staff and physician to allow skin-on-skin contact even if it is only 15 minutes a day at the beginning. Many of these infants are often not able to breastfeed at first, but they do benefit from expressed milk. If infants are unable to go to breast after delivery—inform the nursing staff that you will need a double electric pump and be sized with the proper flanges along wanting to begin breastfeeding via pumping within 30 to 60 minutes postpartum. You will also need to discuss medications given during birthing with your physician during your pregnancy. Sharing your intent to breastfeed and that you do not wish to have any medications that will interfere with your ability to provide your expressed milk or inability to place infant(s) to the breast to nurse.

Like singleton births keep watch of your infants weight which is one of the best ways to know your infant(s) are receiving adequate nourishment from your breast milk.



One convenient way to nurse your twins together

- ◆ **Breast feed soon after birth and often.** The more milk effectively removed the more milk a mother's body will make.
- ◆ **If babies are born early, double pumping often will help the mother make more milk.** Many times early births the infant does not remove milk as efficient as full term infants.
- ◆ **It helps to have each baby feed from both breasts.** You can "assign" a breast to each baby for a feeding and switch at the next feeding. Or, assign a breast to each baby for a day and switch the next day. Switching breast helps keep milk production up if one baby isn't eating as well for a bit. This also gives babies different view to stimulate their eyes.
- ◆ **Rest when your babies rest.**

BREASTFEEDING MULTIPLES CAN WORK

With multiples it takes patience, commitment and determination. It also takes support from a lactation counselor or consultant along with friends &/or family.

Factors you need to remember:

It takes time to find the most comfortable position(s) to breastfeed. And position(s) may change as the babies grow & develop.

Just the time you and the babies get into a comfort zone, you may begin to feel your milk supply decreasing. When your baby is around six weeks or two months old, your breasts may no longer feel full. This is normal. At this same time, your baby may nurse for only five minutes at a time. This can mean that you and baby (s) are just adjusting to the breastfeeding process—and getting good at it.

Don't forget about the growth spurts that will cause your baby(s) to nurse longer and more often. These spurts can happen around 2 to 3 weeks, 6 weeks, and 3 months of age. They can also occur any time. Don't be alarmed that your supply is too low to satisfy your baby(s). Follow your baby's lead - nursing more and more often will help build up your milk supply.

Whether infants are to the breast or you are pumping there should be no pain—if so contact your lactation counselor or consultant because this can be resolved. Do not hold off from contacting your lactation specialist (LS or LC).

Here is a Charleston, SC mom's message based on her experience:

When they were first born, it was too overwhelming for me to care for them at the same time. I fed them one at a time, which was nice, because I was able to bond with each individually. But then I realized that I was pretty much feeding one of them every 1 ½ to 2 hours and in order to get more sleep, I started feeding them at the same time. Once I got the hang of feeding both at once, I was able to free up so much more time! They started to get on the same eating/sleeping schedule and while both were sleeping, I would find myself having a solid two or three hours to catch up on some sleep, relax, and clean up around the house. It was so liberating and much needed! I'm so glad I figured out something that worked for all of us.

**Merry
Christmas**

And make your New Year prosperous, happy & healthy



Wabash Valley LEAF/CHIP Chats

It's that most wonderful time of the year!!

Honestly, the kid in me always comes out in full this time of year. The car radio has already been set to the stations that play Christmas music as soon as they started, and the holiday shirts and earrings came out on December 1st. December is my favorite time of the year, even with the colder weather and snow possibilities. Of course, springtime also has its merits but for the **most part**, people just seem nicer at Christmas. (There are exceptions to the rule, otherwise known as 'grinches'. Smiles seem to come easier, even from strangers. Wouldn't it be wonderful if this spirit could continue the other 11 months of the year??

Another LEAF class is in the books and....believe it or not, the dates and locations are already set for the next **TWO** classes. Karen has been a very busy girl!! (She thought Santa was watching!) The first day of class for LEAF 6 in the spring of 2016 begins on **TUESDAY**, March 8th to be exact and will be held at Rose Hulman Institute of Technology in the Myers Building. The health screens and commencement will also be held on campus. There will be more information very soon about costs, scholarship assistance, etc. for LEAF 6. The fall session will be at the Operating Engineers hall on South US Hwy 41, those dates I am not sure of but will let you know later

As you know, I have been having quite a time sending out the newsletter and Chef Susan's menus. First it was Frontier, then Gmail. It has been quite a frustrating time but both Karen and Deanna Ferguson (Executive Director at the Maple Center) have offered possible solutions. I am not sure which route will be taken, but unless you choose otherwise, you will continue to receive the monthly newsletters somehow. Looks like all future mailings will come from one of them and not directly from me, unless by some **Christmas miracle** Google decides to let me keep send bulk emails to the alumni.

I have so many little tidbits of information I have been stockpiling in recent months to include in the newsletter, but it seems like they will keep until after the New Year begins. Doesn't seem like the appropriate time to share some of them.

I found it interesting that my granddaughter's Environmental Science class is studying GMOs and non GMO foods. As part of a project, next week they are all supposed to eat at least vegetarian. Seems like they were also exposed to what happens to the animals who are raised for food. Interesting! At least one member of the class has decided no more meat! Wonder how many more teachers would be willing to expose the teenagers to such a radical idea??? Maybe there is hope for the future of our grandkids after all!

One thing I would encourage you to do is to explore some of the new vegan websites that seem to appear on a regular basis. There is NO shortage of valuable tips, ideas and recipes out there for you to find. It looks like people are getting the word out that vegan doesn't mean eating seeds and grass for the rest of your life. There is a list of websites in the reference section of the manual for the last few classes and it can be emailed to those of you 'older' CHIPpers who don't have it. One of the latest ones discovered is www.straightupfood.com. The recipes are yummy, especially the sweet potato pecan pie. She also has tips and ideas for traveling on the website. It's funny, but one website will invariably lead you to another similar site. There are more and more of us who are opting for a healthier lifestyle. The author of the website is Cathy Fisher, teacher and chef. Her recipes are free of sugar, oil, salt and animal products. This recipe is from Cathy's website....

Pumpkin Pie Squares



12 Medjool dates, pitted and diced (about 1 ¼ cups) 1 cup nondairy milk

1 tsp. vanilla extract 1 ¼ cups rolled oats ground into flour

2 tps. pumpkin pie spice 1 can pumpkin (NOT pie mix) 12 pecan halves, chopped (optional)

Place the dates, nondairy milk and vanilla into a blender and set aside for 30 minutes. Combine flour and spices in mixing bowl. After soaking the dates, blend until smooth (1-2 minutes). Pour this mixture along with the canned pumpkin into the flour mix. Mix with an electric mixer until smooth, add the nuts if desired.

Scrape into an 8 X 8 in pan lined with parchment paper or use silicone pan. Bake for 30 minutes at 375 deg. Let cool 10-15 minutes before slicing and serving. The longer they cool, the firmer they will become. Optional: add Nutty frosting just before serving.

Nutty Frosting

¾ cup raw cashews 7 Medjool dates, pitted and chopped 1 cup water ½ tsp vanilla extract

Place all ingredients into a blender jar and let sit for at least 30 minutes so the nuts and dates can soften. After soaking, blend all ingredients until smooth. Use immediately or refrigerate for a couple of hours or overnight to thicken.

In the words of my favorite song, "Let there be peace on Earth and let it begin with me." I wish you all a blessed and joyful Christmas and peace and prosperity in the New Year.

Ruth Pleus

Leadership Team



The Maple Center, Inc.
Nonprofit 501(c)3



Dear Friend and Supporter of The Maple Center,

Thank you for your support over the past 10 years. Your contributions to the nonprofit Maple Center for Integrative Health are key in allowing our educational programs and clinical options to be offered to the Wabash Valley. Staff and volunteers ask for your ongoing generous gifts of time, talent and/or funds to help us educate our community about combining the best of modern medicine with the best of complementary approaches to support optimal health.

What have you helped us to accomplish?

- *Healthy Lifestyle Education* sufficient to prevent, arrest, and REVERSE disease was offered to our largest class sizes yet. As part of the Pomeroy Wellness Program, over 240 people participated in the adult Wabash Valley LEAF (Lifestyle Education and Food) eight week programs with a congruent youth program offered. Four week programs: “The Power of Food for Cancer Prevention and Survival” and “The Power of Food to Prevent and Treat Diabetes” were each offered three times at a discounted rate and were well attended. Many participants were excited to see their weight, blood pressure, cholesterol, blood sugar, and pain improve. *Our results mirror those published by nationally recognized researchers in the field of Lifestyle Medicine.*
- *OLLI (Osher Lifelong Learning Institute)* provides a partnership which allows us to provide health related presentations to the public monthly. Your contributions help us to offer these presentations for free.
- *Therapeutic Yoga Classes* provide an exercise option tailored to each individual’s state of health.
- *The Clinicians at The Maple Center* are helping people improve their lives one individual at a time and The Maple Center for Integrative Health’s Nonprofit is proud to hold the space for these services to exist in our community.
- *“Celebrating Wellness with The Maple Center”* was a free Saturday morning health education seminar about integrative health topics with lunch being provided by our clinicians.
- Health education materials were provided to individuals at community functions and health fairs.
- *Monthly Matters newsletter*, a free E-Newsletter with health update articles now with past articles indexed on our website.

Consider ending 2015 with support for health in the Wabash Valley by completing the enclosed form and giving generously to The Maple Center’s Nonprofit annual fundraiser campaign. Your gift will support our unique mind, body, spirit education offered to the community for chronic disease prevention and optimal health by providing scholarships for low income individuals and keep the costs of our

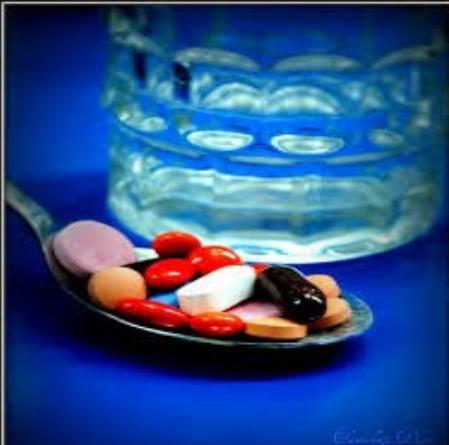
The Board, Staff and Clinicians of the Maple Center wish you Happy Healthy Holidays!!

The Maple Center for Integrative Health's Nonprofit Resources & Activities

Thanks to our volunteers, instructors, clinicians and supporters!!!

- **Monthly Matters Newsletter**, free E-Newsletter with health update articles with past articles now indexed on our website.
- **Adult Wabash Valley LEAF** (Lifestyle Education & Food) Program - 8 week lifestyle changing program offered 2 times per year
- **Youth Wabash Valley LEAF**—8 week program offered 4 times in collaboration with Purdue Extension, The Children's Museum, and the Family Y
- **LEAF Applied Nutrition Workshops and Grocery Store Tours**—offered 2 times per year
- **LEAF Alumni Meetings** - free monthly gatherings for support, food and education
- **Cancer Prevention & Survival program** (The Power of Food program)- 4 week program offered 3 times at HUX Cancer Center and Maryvale Low Income Housing Center
- **Diabetes Prevention & Treatment program** (The Power of Food program) - 4 week program offered 3 times at Maryvale Low Income Housing Center.
- **OLLI (Osher Lifelong Learning Institute) Health Series presentations**— free presentations 9 times per year on topics such as Chronic Pain Series, The New Frontier: The World of Genetics Series, Nutrition in Cancer Prevention, Brain Inflammation, Stress Reduction, and Mind, Body & Spirit Wellness.
- **Dr. John Black Memorial Library** (onsite at Maple Center and online at www.themaplecenter.org)
- **Chronic Pain Support Group** - Free monthly. Supported by Cathy Desrocher in honor of her late husband Van
- **Therapeutic Yoga Classes** - six week class series tailored to each individual's health needs
- **Community Health Awareness Events** (Whip it Up Wednesdays Cooking Class in collaboration with United Way, participation in several community Health Fairs, etc.)
- **The Breastfeeding Coalition** - housed under The Maple Center umbrella. **Lactation Station** at the Vigo County, Parke County Fairs, Earth Day at SMWC and many other events. The **Breastfeeding Works Award** presented each year to an individual business for workplace support of breastfeeding.
- **The Coleman Cancer Foundation**-a collaboration with Dr. Sang Huh to provide integrative health services to his patients.

We gratefully acknowledge support from The Wabash Valley Community Foundation, First Financial Bank, The AmeriCorps Program, The Larry Paul Foundation, The Gibson family, The Pomeroy Wellness Program supported by a grant from Better Health Wabash Valley, Terre Haute Chamber of Commerce, Union Hospital, and many individual and business donors of time, treasure and talent.



Chronic Health

Challenges:

“Do I really have to live with this?”



At Landsbaum Center from 1:30 - 3:00 pm

Cost: No Charge

January 13, 2016 – Do you suffer from facial pain, pain in your jaw, have headaches that feel like a migraine and ears that hurt? by Penny Money, NMT, Neuromuscular Re-Education

There are many signs and symptoms of (TMJ) the joint that connects the jaw to the temporal bones of the skull. Penny has successfully worked with many (TMJ) sufferers to ease their pain and be able to function. She will be sharing different treatments to calm the storm and get relief.

February 10, 2016 – Living! With Cancer by Karen Cunningham, PT & Julie Fine, RN, PhD, FNP-C

Cancer is no longer a death sentence. Lifestyle choices will be discussed that have been shown to support recovery, prevent recurrence and help you thrive.

March 9, 2016– Why is my Thyroid Putting on the Brakes! by Jennifer Brooks, PAC

Jennifer will discuss how the thyroid works, what happens when it does not work and ways to help it work better.

April 13, 2016– Understanding and Coping with Anxiety by Jan Croft, MS, LMHC, NCC & Jean Kristeller, PhD

Anxiety is one of the most commonly occurring challenges people face. Statistics demonstrate that anxiety disorders are increasing in frequency in the United States. This course will examine some of the causes and types of anxiety, its symptoms, and how it is diagnosed, as well as some of the common treatments. You will be introduced to the practice of mind-body techniques that have been proven effective in reducing anxiety. These include a variety of meditations, guided imagery, deep breathing, and gentle yoga. Comfortable clothes are recommended.

May 11, 2016- Fibromyalgia: Symptoms, Causes & Options for Optimal Health by Kristen Waldon, DC, Cac

Dr. Walton will talk about this diagnosis of exclusion and will explore risk factors, possible causes, and treatment strategies for better health.

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

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



Contact Us

Give us a call for more information about our services or go to our website:
www.themaplecenter.org



The Maple Center
for Integrative Health
1801 N. 6th St, Suite 600
Terre Haute, IN 47804

Clinical Office: (812) 235-4867
Nonprofit Office: (812) 234-8733
Website: themaplecenter.org
E-mail: info@themaplecenter.org

For updates on
programs “like” us on
Facebook!



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

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



Dr. John Black Memorial Library

How do I find the book from
The Maple Center library collection online?
Go to www.themaplecenter.org and

Click on the link available on the home page for the John Black Memorial Library’s page or click on Community Resources or copy and paste the following link, you will be taken to the collection directly:

<https://books.google.com/books?hl=en&uid=4611478877290630623>

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

Sponsored by:



Monthly Vegetarian Dinner

Bring a vegetarian dish
and recipe to share,

Contact Debbie Stevens at
debbiestevens53@gmail.com

Check us out at:
www.themaplecenter.org