



The Maple Center

For Integrative Health

www.maplecenter.org

Nonprofit: 812-234-8733

E-mail: info@maplecenter.org



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

August 2020

NATIONAL WELLNESS MONTH

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
 - Try a virtual yoga or exercise class.
 - Learn to meditate.
 - Schedule a massage.
 - Try acupuncture.

These small steps can lead to many more healthy habits in your lifestyle.

Monthly Quote:

"Folks are usually about as happy as they make their minds up to be."

— Abraham

Lincoln

LEAF's Monthly Plant-Based Potluck

Sponsored by the Maple Center
Will meet virtually via Zoom on August 25 at 6:30pm.

For the link to join or more information email the LEAF team or our office: info@maplecenter.org

August Weekly Programs In the Fleschner Memorial Classroom:

Free **Auricular Acupuncture** Clinic—Mondays 3-6pm (arrive by 5:20)

Free **Chair Yoga**—Thursdays 10-11am (Live and Recorded on Facebook)

More Programs coming up:

Virtual Whole-Food Plant-Based Cooking Class with LEAF Team planned for end of August—check our Facebook and Website for updates

Tai Chi Class Starts September 2

MBSR Course Information Session on September 22

More information inside!

Email our Program Coordinator with questions: programs.maplecenter@gmail.com

"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.

Rainbow Smoothie Bowl

Ingredients:

- 1/2 cup almond milk
- 2 fresh bananas + 2 frozen bananas
- 1 tbsp almond butter
- 4 Deglet Nour or 2 Medjool dates
- Topping ideas: raspberries, blueberries, kiwi, mango, pumpkin seeds, chia seeds, flax seeds.

Instructions:

- Place all the ingredients in a blender and blend until smooth.
- Add your favorite toppings.



Sourced from: simpleveganblog.com/rainbow-smoothie-bowl/



EASY VEGAN ZUCCHINI BREAD

Ingredients:

Dry Ingredients:

- 1 1/2 cups organic unbleached flour, whole wheat pastry flour, whole wheat flour, or white whole wheat flour
- 1/2 tsp. baking soda
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. cinnamon
- 1/4 tsp. nutmeg

Wet Ingredients:

- 3/4 cup unsweetened applesauce
- 1/2 cup brown sugar, packed
- 1/4 cup maple syrup
- 1 flax egg
- 2 tsp. vanilla
- 1 cup grated zucchini (about 1 medium sized zucchini)

Instructions:

- Preheat your oven to 350 F° In a large mixing bowl, whisk all the dry ingredients together until everything is thoroughly combined.
- Next, in a separate mixing bowl, mix together all the wet ingredients until everything is well combined. Pour the wet ingredients into the dry ingredients and gently mix until everything "just" combined. DO NOT OVERMIX!
- Pour your batter into a loaf pan and bake for 45-50 minutes. Use a nonstick loaf pan, silicone loaf pan, or line a loaf pan with parchment paper. Baking time will depend on your appliance so be sure and pay attention to your zucchini bread. The bread is done when you can insert a toothpick or knife into the center and it comes out mostly clean with no raw or runny batter.
- Remove the zucchini bread from the oven and allow to cool in the pan for 10-15 minutes. Then, remove the bread from the loaf pan and let it sit on a wire rack until it has completely cooled. If you don't have a wire rack just use a cutting board.
- Cover and store your leftovers for 3-4 days at room temperature.

Sourced from: <https://shaneandsimple.com/easy-vegan-zucchini-bread/>

Basil Cucumber Salad



Ingredients:

For the Salad:

- 1 English cucumber, quartered
- 1/3 head of cauliflower (about 2 cups, chopped)
- 1/2 of a red onion, diced small
- 1/4 cup fresh basil, chopped

For the Creamy Lemon Dressing:

- Juice from 1 lemon
- 2 tablespoons plain hummus
- 1 teaspoon pure maple syrup
- 1 teaspoon Dijon mustard
- Sea salt, to taste
- Extra chopped basil (optional)

Instructions:

- In a food processor, add 1/3 of a head of cauliflower and process until crumbly and chopped small (makes about 2 cups). Transfer to a large bowl. Add the cucumber, red onion and basil. Mix until combined.
- Prepare the dressing in a small mixing bowl. Whisk all ingredients and pour over salad. Toss until combined and serve.
- Store in the refrigerator, covered, for up to 2 days but is best eaten the same day as it can get watery.
- Optional add-ins: chickpeas, hemp hearts, avocado, or sunflower seeds for extra plant protein

Sourced from: <https://www.onegreenplanet.org/vegan-recipe/basil-cucumber-salad/>



GOLDEN GAZPACHO

Instructions:

- Combine chopped tomatoes, peaches and yellow pepper in a large bowl.
 - Place garlic, shallot, salt, red wine vinegar and olive oil into a blender. Blend until garlic and shallot are well chopped. Add a few tomatoes if you need more liquid to really get things going. I do this first to ensure that the shallots and garlic get well distributed throughout the soup. Add in more tomatoes, pepper and peaches and blend until smooth. Continue adding tomatoes/peaches/pepper until everything is blended – you may need to do this in batches depending on the size/power of your blender.
 - Taste and adjust seasoning as needed.
 - To get an extra smooth gazpacho – pass through a fine sieve before serving/chilling.
 - In a small bowl, combine half a peach and a few handfuls of yellow cherry tomatoes. Add in thinly sliced basil and mix gently to combine. Serve on top of gazpacho.
 - Gazpacho will keep in the fridge for a few days. If time allows the taste only improves as it sits in the fridge. Allow for at least half an hour of chilling, but it tastes even better the next day.
 - Shake or re-blend quickly before serving if it looks like it has separated a little bit.
 - Sip + enjoy
- 3 1/2 cups yellow tomatoes, roughly chopped (I used a mix of chef's choice, jaune flame and sungolds)
 - 2 large ripe peaches, pitted and roughly chopped
 - 1 yellow bell pepper, de-seeded and roughly chopped
 - 1 small shallot, halved
 - 2 cloves garlic
 - 1 tablespoon red wine vinegar
 - 3 tablespoons extra virgin olive oil
 - 1/2 teaspoon fine sea salt
 - Handful fresh basil leaves, thinly sliced
 - Extra tomatoes and peaches for topping

Sourced from: <http://www.happyheartedkitchen.com/appetizers/peach-tomato-gazpacho>

Try with your favorite
veggies or what's growing
in your garden!

Veggie Stir Fry



Ingredients:

- 1–2 tbsp extra virgin olive oil
- 2–4 garlic cloves, minced
- ½ -inch piece fresh ginger, peeled and minced
- 1 carrot, peeled and julienned
- ½ red bell pepper, julienned
- ½ yellow bell pepper, julienned
- ½ broccoli, cut into florets
- ½ red onion, julienned
- 1 cup fresh asparagus, woody stems trimmed, sliced into 1-inch pieces
- 2 tbsp tamari or soy sauce
- 1 tbsp maple syrup
- ⅛ tsp cayenne powder (optional)
- 1 tsp cornstarch + 2 tbsp water

Instructions:

- Heat the oil in a wok or pan and sauté the garlic a little bit. Stir continuously and add the remaining veggies (ginger, carrot, red bell pepper, yellow bell pepper, broccoli, onion and asparagus).
- Cook over high heat for 1-2 minutes, stirring continuously.
- Incorporate the tamari or soy sauce, maple syrup and cayenne and cook for 1-2 more minutes. Keep stirring.
- In a bowl, mix the cornstarch and water, add the mixture into the wok or pan and cook for 1-2 minutes or until the veggies are done to your liking.
- Serve immediately over rice, noodles or even with tofu or seitan to incorporate good quality protein into your meal. I also added some sesame seeds on top.
- Keep the leftovers in a sealed container in the fridge for 3-4 days.

Sourced from: <https://simpleveganblog.com/veggie-stir-fry/>

Zucchini Stew with Potatoes

Ingredients:

- 2 Tablespoons olive oil (or water for no oil)
- 1 onion, diced
- 5 cloves garlic, minced
- 3 medium zucchini, (about 1.5 pounds) sliced lengthwise in quarters then cut in 1/2 inch chunks
- 1 pound potatoes, (I use gold potatoes) peeled, quartered, and cut in chunks about the same size as the zucchini
- 2 medium carrots, peeled and sliced
- 1 red bell pepper, cut in large dice
- 1-28 ounce can whole peeled tomatoes with their juice
- salt and pepper, to taste
- 1/2 cup fresh parsley, roughly chopped or torn



Instructions:

- Heat the olive oil (or water) in a large pot or dutch oven over medium heat.
- Saute the onion in the oil (or water) for a few minutes until soft and slightly translucent.
- Add the garlic and saute about 30 more seconds until fragrant.
- Then add the zucchini, potatoes, carrots and red bell pepper to the pot and saute for 5 minutes.
- Next add the tomatoes with their juice to the vegetable mixture. Press down the tomatoes and break them apart with a wooden spoon.
- Bring the stew to a low boil, then lower the heat and simmer, uncovered, stirring occasionally, until the potatoes are tender and the stew has thickened.
- Season to taste with salt and pepper and remove the stew from the heat.
- Stir in the parsley and serve.

Sourced from: <https://www.veggiessavetheday.com/zucchini-stew/>

Mango-Berry Sherbet

Ingredients:

Mango Sherbet:

- 2 cups frozen mango
- 1 frozen banana
- 1 tbsp lemon juice
- date syrup to taste (optional)

Strawberry Sherbet:

- 2 cups frozen strawberries
- 1 frozen banana
- 1 tbsp lemon juice
- date syrup to taste (optional)



Instructions:

- Add the ingredients for the mango sherbet to a food processor or high-speed blender.
- Pulse to break up the large chunks.
- Then puree for 5-10 minutes, stopping occasionally to scrape down the sides. Stop when the sherbet has reached the desired consistency.
- Transfer the mango sherbet to a freezer-safe dish. I like to transfer large spoonfuls, leaving gaps between to add the strawberry sherbet to.
- Pop the dish into the freezer while you make the strawberry sherbet.
- Repeat steps 1-3 with the strawberry sherbet ingredients.
- Spoon the strawberry sherbet into the gaps you left around the mango sherbet.
- Enjoy right away, or pop into the freezer for a short while to firm up the sherbet.

Sourced from: <https://www.mentalforlentils.com/mango-berry-sherbet/>



Oatmeal Chocolate Chip Cookies

Instructions:

- Preheat the oven to 350° F
- In a large mixing bowl, add the rolled oats, oat flour, baking powder and salt. Give it a quick stir and set aside.
- In a separate bowl, mash the ripe bananas until mostly smooth. Then add the applesauce and peanut butter and mix until well combined.
- Add the contents of the wet bowl to your bowl of dry ingredients and stir to combine. Then fold in the dairy-free chocolate chips.
- Line 2 baking sheets with silicone baking mats or parchment paper.
- Spoon the mixture out on the baking sheet in 16 balls.
- Use your fingers to gently flatten and shape them into cookie shapes.
- Pop the cookie sheets into the oven and bake for 15-20 minutes, until the edges begin to brown.

Ingredients:

- 2 cups old fashioned rolled oats
- 2 bananas
- 1/2 cup oat flour
- 1/2 cup natural peanut butter
- 1/3 cup unsweetened applesauce
- 1/4 cup dairy-free dark chocolate chips
- 1/2 tsp baking powder
- pinch salt

Sourced from: <https://www.mentalforlentils.com/wp-json/mv-create/v1/creations/19/print>

How Nutrition Affects Teens' Mental Health

By Heather Monroe, LCSW

Research reveals the power of particular nutrients to increase our well-being.



WHAT WE EAT AND HOW WE eat it are closely associated with our emotions and mental health. A growing body of research is revealing not only the power of particular nutrients to increase well-being, but also the multifaceted ways in which our attitude and choices regarding food impact our state of mind.

That's why it's so important for teen mental health providers and treatment programs to incorporate specific nutrition plans into their approach to sustainable healing – not only for adolescents with eating disorders, but also for those who are addressing depression, anxiety, trauma and other conditions.

How Nutrients Support Mental Health

Science is increasingly validating the amazing impact of food on our mood. A 2013 study found

that the risk of depression is 25 to 35 percent lower in those who eat a diet high in vegetables, fruits, grains and fish, while avoiding processed foods and sugar.

In another study, the percentage was even higher. In fact, teens in the study who ate a low-quality diet had an 80 percent higher risk of depression in comparison to those who ate a higher-quality, whole-foods diet.

Nutrients such as omega-3 fatty acids (found in salmon, walnuts and chia seeds), vitamins D (eggs) and B (spinach, mushrooms and pineapple), folic acid (whole-wheat bread, green vegetables and nuts), magnesium (seaweed, beans and leafy greens) and tryptophan (turkey, eggs and beets), among others, have a measurable impact on depression and other mental health conditions.

However, it's important to note that the effect of our eating habits on our mental health isn't just about what we eat. How we source our food, the care we put into preparing it and the way we eat it can be as – or even more – important than our food choices when it comes to our state of mind.

Gardening Is Good for Us

Vegetables and fruit almost always contain more vitamins and minerals than highly processed foods or snack foods – and that's a plus for mental health, as research makes clear. But the good stuff isn't just in the produce itself; we can also reap mental health benefits from the experience of growing and harvesting our own food.

According to new studies, growing our own food lowers the risk of anxiety and depression, reduces stress and increases life satisfaction. Part of that is neurobiological: Researchers have found a link between soil bacteria and stress resilience. Bacteria promote the health of the microbiome, which subsequently promotes healthy brain function. (About 95 percent of our serotonin is produced in the gastrointestinal tract, so it makes sense that the digestive system plays a major role in regulating our emotions.)

Two more good reasons to garden: It promotes exercise and time in nature, which are both proven to have a positive impact on mental health. These elements are especially important for teens, who spend so much of their days indoors and plugged in.



Boosting Well-Being in the Kitchen

Once we've sourced our food, the next step is preparing it. This part of the process can also be an avenue for enhancing teen mental health – particularly when young people approach cooking as a creative activity that they enjoy doing with and for others.

A recent study published in the Journal of Positive Psychology followed more than 650 young adults. Each day, they reported how much time they spent on creative activities and how they felt that day. The researchers found that the adolescents experienced greater flourishing and positive emotions on the days following increased creative activity.



Thus, when we approach cooking as a creative act, there are mental health benefits inherent in the process. And, if we're working alongside family or friends, the enjoyment and connection we feel are also mood boosters.

On top of that, when we cook for and serve others, we get an additional benefit: the "helper's high," that sense of well-being we feel when we do things for others. Cooking and serving a meal with care, for people who enjoy and appreciate it, builds positivity.

The Benefits of Mindful Eating

Along with growing, cooking, serving and carefully choosing our food, enjoying it is also key to mental health. Taking time to savor our food enhances well-being, through the mechanisms of presence, gratitude and mindfulness.

In fact, research confirms that meditation (essentially a structured form of mindfulness) can be as powerful as antidepressants for relieving symptoms of anxiety and depression. The positive emotions of gratitude and appreciation have also been shown to increase happiness levels.

It works the other way around, too: What we eat influences our emotions, and our emotions, in turn, influence our choices around food. For example, in a 2010 study, people who were in a positive mood were more likely to choose grapes as a snack instead of M&Ms. Bottom line: Eating well builds on itself, and the result is thriving and health, in both mind and body.

Sourced from: <https://health.usnews.com/health-care/for-better/articles/2018-05-10/how-nutrition-affects-teens-mental-health>

Watch our [website](#) and [Facebook](#) page about information on our upcoming Virtual Whole-Food Plant-Based Cooking Class.



Making the switch to a healthy diet

Authors: Lawrence Robinson, Jeanne Segal Ph.D., and Robert Segal, M.A. Last updated: June 2020.

Switching to a healthy diet doesn't have to be an all or nothing proposition. You don't have to be perfect, you don't have to completely eliminate foods you enjoy, and you don't have to change everything all at once—that usually only leads to cheating or giving up on your new eating plan.

A better approach is to make a few small changes at a time. Keeping your goals modest can help you achieve more in the long term without feeling deprived or overwhelmed by a major diet overhaul. Think of planning a healthy diet as a number of small, manageable steps—like adding a salad to your diet

once a day. As your small changes become habit, you can continue to add more healthy choices.



Setting yourself up for success. To set yourself up for success, try to keep things simple. Eating a healthier diet doesn't have to be complicated. Instead of being overly concerned with counting calories, for example, think of your diet in terms of color, variety, and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients whenever possible.

Prepare more of your own meals. Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food. You'll eat fewer calories and avoid the chemical additives, added sugar, and unhealthy fats of packaged and takeout foods that can leave you feeling tired, bloated, and irritable, and exacerbate symptoms of depression, stress, and anxiety.

Make the right changes. When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans fats with healthy fats will make a positive difference to your health.

Read the labels. It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.

Focus on how you feel after eating. This will help foster healthy new habits and tastes. The healthier the food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.

Drink plenty of water. Water helps flush our systems of waste products and toxins, yet many of us go through life dehydrated—causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Coronavirus update

In the midst of the COVID-19 pandemic, eating healthy food remains an important part of maintaining your health. While there are no specific foods that can help protect you from the virus, a nutritious diet can boost your immune system or help you fight off symptoms. You may not be able to share meals with friends and loved ones, but there are lots of other ways to eat well and support your health at this difficult time.

Sourced from: <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

Moderation: important to any healthy diet

Authors: Lawrence Robinson, Jeanne Segal Ph.D., and Robert Segal, M.A. **Last updated:** June 2020.

What is moderation? In essence, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. For many of us, moderation means eating less than we do now. But it doesn't mean eliminating the foods you love.

Try not to think of certain foods as “off-limits.” When you ban certain foods, it's natural to want those foods more, and then feel like a failure if you give in to temptation. Start by reducing portion sizes of unhealthy foods and not eating them as often. As you reduce your intake of unhealthy foods, you may find yourself craving them less or thinking of them as only occasional indulgences.

Think smaller portions. Serving sizes have ballooned recently. When dining out, choose a starter instead of an entree, split a dish with a friend, and don't order supersized anything. At home, visual cues can help with portion sizes. A half a cup of mashed potato, rice, or pasta is about the size of a traditional light bulb. By serving your meals on smaller plates or in bowls, you can trick your brain into thinking it's a larger portion. If you don't feel satisfied at the end of a meal, add more leafy greens or round off the meal with fruit.

Take your time. It's important to slow down and think about food as nourishment rather than just something to gulp down in between meetings or on the way to pick up the kids. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly and stop eating before you feel full.

Eat with others whenever possible. Eating alone, especially in front of the TV or computer, often leads to mindless overeating.

Limit snack foods in the home. Be careful about the foods you keep at hand. It's more challenging to eat in moderation if you have unhealthy snacks and treats at the ready. Instead, surround yourself with healthy choices and when you're ready to reward yourself with a special treat, go out and get it then.

Control emotional eating. We don't always eat just to satisfy hunger. Many of us also turn to food to relieve stress or cope with unpleasant emotions such as sadness, loneliness, or boredom. But by learning healthier ways to manage stress and emotions, you can regain control over the food you eat and your feelings.

Add more fruit and vegetables to your diet

Fruit and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily amount of **at least five servings** of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or veg or a small apple or banana, for example. Most of us need to double the amount we currently eat.

To increase your intake:

Add antioxidant-rich berries to your favorite breakfast cereal

- Eat a medley of sweet fruit—oranges, mangos, pineapple, grapes—for dessert
- Swap your usual rice or pasta side dish for a colorful salad

Instead of eating processed snack foods, snack on vegetables such as carrots, snow peas, or cherry tomatoes along with a spicy hummus dip or peanut butter

Sourced from: <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

**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 available on our [website](#).

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



Chair Yoga

Thursdays 10-11 am

Live on The Maple Center's Facebook Page

or join us at The Maple Center

in the Fleschner Memorial Classroom

1801 N 6th Street, Terre Haute, IN 47804

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! This is a drop-in class led by Devaki.

Sponsored by:



Tai Chi

Tai Chi is a low impact form of exercise that involves a series of slow, focused movements, accompanied by deep breathing. It is a self-paced, gentle form of physical exercise and stretching.

Classes led by certified instructor Steve

Walden, PTA

Steve has 25 years in the medical field

2 Master ranks in Martial Arts

Teacher of Yang, Sun, and Chen Tai Chi

Cost \$30 for the 6 class series,
scholarships available.

Register at www.maplecenter.org

Sponsored By:



Wednesdays from 6-7pm
Septmber 2 through October 7

in the Fleschner Memorial Classroom

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





Mindfulness Based Stress Reduction

*****Free Online Information Session
Tuesday September 22,
6:00 - 7:30 PM**

**8-Week Evidence-Based
Course in Mindfulness
Meditation and Movement**

**Tuesdays, September 29 - November 17, 6:00-8:30 PM
Plus an All-Day Retreat on Sunday, November 8**

Cultivate new ways of meeting the stress in your life through mindfulness meditation, gentle mindful yoga, and other practices. Course includes recordings and materials for home practice.

All Sessions will be live and interactive via ZOOM.

*You will need a desktop computer or laptop with reliable internet service and a relatively quiet place to participate.



Instructor Linda F. Brown, Ph.D., HSP

Dr. Brown is a licensed clinical psychologist and is a Certified MBSR Instructor through the Center for Mindfulness at UMass. This program was originally developed by Jon Kabat-Zinn. bloomingtoncenterformindfulness.com

**Tuition for 8-Week Course: ~~\$300~~ reduced to \$100,
thanks to our generous sponsors!**

Email Lindsey at The Maple Center for more information or to sign up.
programs.maplecenter@gmail.com
(812)234-8733
www.maplecenter.org

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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.

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You shop. Amazon gives.

- 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



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.