THE MAPLE CENTER FOR INTEGRATIVE HEALTH

MONTHLY MATTERS

July 2016

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The Maple Center Welcomes New Practitioners

Devaki H. Lammet, M.A. Holistic Lifestyle Consultant

Devaki holds a master's degree in psychology from the University of Cologne, Germany. She is an Ayurvedic lifestyle consultant and an Internationally certified yoga instructor. Devaki will applying the ancient wisdom of Ayurveda & Yoga to restore balance of the body, mind & soul.

Session will be customized advise using combinations of:

- ♦Diet consultation
- ♦Herbal remedies
- ♦Ayurvedic Practices for Self-Care
- ♦Yoga postures, breathing & relaxation techniques
- ♦Healing meditations, affirmations and mantras

by appointment only
Contact:
Devaki at (787)-464-5651 or (812) 917-2260

Sylvia Middaugh, MS, RDN, CD

Sylvia is a Registered Dietitian Nutritionist. She is currently seeing individuals for nutrition education and counseling for plant-based dietary treatment of:

- Diabetes
- Cardiovascular Disease
- Hypertension
- Chronic Kidney Disease
- Cancer
- Metabolic Syndrome

Providing medical nutrition therapy for:

- Food Sensitivities
- Food Allergies
- "Leaky gut"
- Inflammatory bowel disease
- Crohn's disease

To Schedule an Appointment Contact:

Sylvia Middaugh
(812) 229-4059
sylvia@foodthatheals.us

Catherine Tucker, PhD, LMHC, RPT-S

Catherine is a registered play therapist-supervisor, licensed mental health counselor, school counselor & former tenured professor of counseling. She is also the research director for The Theraplay Institute (www.theraplay.org) located in Evanston, IL.

She is now seeing individuals for Thera play.

For therapy appointments please call 812-230-5126

Liz Samsell, MS, LCSW, HTP

Liz is a licensed Clinical Social Work and a licensed marriage and family therapist.

Liz specializes in the following services:

- Healing Touch
- Craniosacral Therapy
- Shamanic Practices

To schedule an appointment with Liz, call 812-236-8985

Sharon Samsell, MDiv, LMHC, CHTP/I

Sharon is a Certified Healing Touch practitioner, was trained at the Foundation for Shamanic Studies and is a Licensed Mental Health Counselor.

Sharon specializes in the following services:

- Healing Touch
- Shamanic Practices
- Spiritual Direction
- Counseling with energy work

To schedule an appointment with Sharon, call 812-878-2034

Therapeutic Yoga

stretching • strengthening • relaxation

HUX Cancer Center

1711 N. 6 1/2 St., North of Union Hospital, Lower Level

Terre Haute, IN

Class starts August 20, 2016

Saturdays 10-11 AM

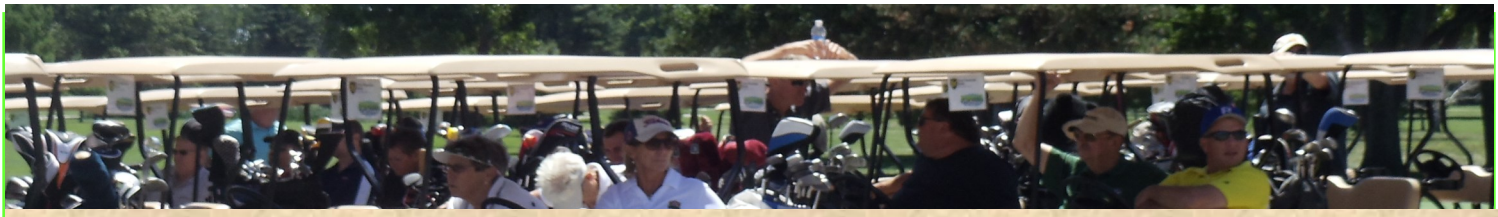
$60 for six Saturday classes

Registration required

Go to www.themaplecenter.org to reserve your spot!

Yoga is taught by Jan Croft, MS, LPT. These 6 weekly 1-hour sessions provide a gentle approach to improve your physical conditioning, flexibility and relaxation skills. This program can be started by anyone. Research has shown that the benefits of yoga include: increased flexibility of the neck, back, chest, and shoulders; improved physical strength and function; improved quality of life and inner peace; and decreased side effects from chemotherapy.

The Maple Center For Integrative Health



The Maple Center's 5th Annual Golf Scramble

Thank you to some of our sponsors:

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ARTICIPATED IN OUR 2016 GOLF SCRAMBLE

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.

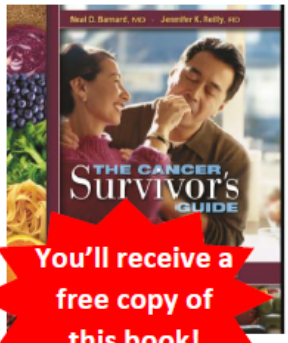
Join Food for Life Educational Alliance Program Partner
The Maple Center for Integrative Health's educators, Kathleen Stienstra, MD, and Karen Cunningham, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

REGISTER TODAY!

Classes every Tuesday, 6:30 – 8:30 p.m.
Cost: $70 for the 4-class series Individuals meeting the Federal Poverty Guidelines will be able to take this class at no charge.
Thanks to private donations, additional Sliding Scale Scholarships are available.

Tuesday, August 9 Introduction to How Foods Fight Cancer
Tuesday, August 16 Fueling Up on Low-Fat, High-Fiber Foods
Tuesday, August 23 Discovering Dairy and Meat Alternatives
Tuesday, August 30 Cancer-Fighting Compounds and Healthy Weight Control

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



You'll receive a free copy of this book!

LOCATION
Hux Cancer Center – Lower Level
1711 N. 6 1/2 Street, Terre Haute, IN 47804

Saint Mary-of-the-Woods College Pomeroy Wellness Program | Union Hospital Hux Cancer Center | Larry Paul Foundation

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

LIFESTYLE EDUCATION AND FOOD LEAF WABASH VALLEY

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

Want to...

Reach your Ideal body weight?
Prevent chronic disease?
Have more energy?
Have less pain?
Sleep better?
Be less depressed?

***Then turn over a new* LEAF**

Enroll in our 9 Week Wabash Valley **LEAF** (Lifestyle Education And Food) Program

Class Information:

Thursdays, **September 22—November 17, 2016** from 6:30 PM to 8:45 PM

LOCATION: International Union of Operating Engineers Hall, 6801 S US Hwy 41, Terre Haute

COST: $199 per individual or $373 for two people (sharing materials)

Private funding from the Larry Paul Foundation has reduced the cost of this class from $249 per individual

FREE to individuals meeting the Federal Poverty Guidelines.
Thanks to private donations, additional sliding scale scholarships are available also.

FREE INFORMATION SESSION - 7:00 PM to 8:30 PM

No obligation or registration needed to attend information session

Thursday, Sept. 8, 2016 - Union Hospital East: Atrium Classroom

For more information contact:

The Maple Center for Integrative Health

812-234-8733 or

Visit our website at www.themaplecenter.org or

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Saint Mary-of-the-Woods College
Pomeroy Wellness Program

Sponsored by:

Larry Paul Foundation

International Union of Operating Engineers • Local 841
IUOE Local 841

Office Hours Update

There are different hours for Dr. Stienstra' s Office. Effective immediately her office will be closed on Fridays.

Office Hours for Dr. Stienstra, Jennifer Brooks & Dr. Kristen Walton

Monday - Thursday
8 am - Noon, closed for lunch and reopens from 1:00 pm - 5:00pm
Closed Friday - Sunday

Office Hours for the Nonprofit office

Monday - Thursday 1:00 pm - 5:00pm

Integrative Practitioners Hours

Monday - Sunday by arrangement with each Practitioner

All offices are closed on the following holidays

New Year's Day, Memorial Day, Labor Day, Thanksgiving, Christmas Eve, and Christmas Day

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

Functional Health & Professional Acupuncture

Tuesday & Thursday

By Appointment

Kristen C. Walton, DC, CAc
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=461147887729063O623

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: UNION HOSPITAL A Union Health partner

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