

SEPTEMBER 2022

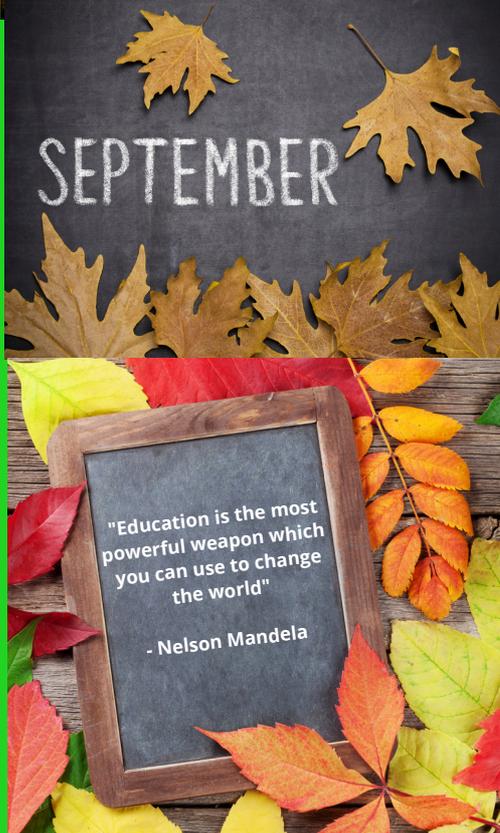


THE MAPLE CENTER

for Integrative Health



@themaplecenternonprofit Nonprofit: 812-234-8733
www.maplecenter.org



September is

National Yoga
Awareness Month



Yoga for Health and Wellness

Yoga is a discipline that originated in India over 5,000 years ago. This practice combines movement, breath awareness, mindfulness and meditation. The goal of yoga is to unite mind, body, and spirit. Yoga is vast and can be tailored to individuals based on their needs. There are many types of yoga that range from calm and relaxing to powerful and activating.



Benefits of Practicing Yoga

Improved strength, flexibility, mobility and balance

Relieves back pain

Eases arthritis symptoms

Lowers heart rate and blood pressure

Relaxes the body and improves sleep

Better energy and mood

Relieves stress and anxiety

Start Practicing Yoga Now!

- **Sign up for a yoga class at The Maple Center! We offer chair yoga and gentle yoga.**
- **Download a free app like Insight Timer to start a meditation or mindfulness practice.**
- **Practice on your own. Try a few stretches while breathing deeply. Notice how you feel in your body.**



Plant-Based Recipes:

Singapore Noodles

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2



Ingredients

For the sauce

- 2 cloves garlic
- 2 Tbsp tamari
- 1-2 Tbsp maple syrup
- 2 Tbsp lime juice

For the noodles

- 4-6 ounces rice noodles
- 2 Tbsp toasted sesame oil (divided)
- 1/2 onion thinly sliced
- 3/4 red bell pepper
- 8 oz mushrooms
- 1 Tbsp tamari
- 2 Tsp curry powder

For serving (optional)

- Green onions
- sesame seeds
- sriracha
- garlic chili sauce
- lime

Instructions

1. Add rice noodles to a large bowl and cover completely with boiling water. Let cook for 5-10 minutes (or according to package instructions), stirring occasionally to prevent sticking. Drain and set aside.
2. Make the sauce by adding minced garlic, tamari or soy sauce, maple syrup or coconut sugar, and lime juice to a small mixing bowl. Whisk to combine. Then taste and adjust seasonings as needed.
3. Heat a large skillet over medium-high heat. Once hot, add 1 Tbsp toasted sesame oil, mushrooms, onion and red bell pepper. Sauté, stirring frequently.
4. Add 1 Tbsp tamari and curry powder, and stir. Sauté for 2-3 minutes, then remove from pan and set aside.
5. To the still-hot skillet, add remaining 1 Tbsp sesame oil, cooked rice noodles, and sauce. Sauté for 1 minute, tossing frequently with tongs to disperse sauce.
6. Add back in the vegetables and toss to coat. Cook for 1-2 minutes more, then remove from heat.
7. Serve with desired toppings and enjoy!

Sourced from: <https://minimalistbaker.com/vegan-singapore-noodles/#wprm-recipe-container-35465>

Broccoli Grape Salad



For the Salad

- 2 broccoli crowns chopped, florets only
- 1 and 1/2 cups red grapes, halved
- 1/4 cup sliced almonds
- 1/2 cup chopped celery
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds

For the Dressing

- 2 Tbsp olive oil
- 2 Tsp apple cider vinegar
- Juice of a lemon
- Juice of an orange
- Two cloves garlic
- 2 Tsp dijon
- 1 Tsp poppy seeds
- salt and pepper to taste

Instructions

1. Using a high speed blender, combine all dressing ingredients.
2. Prepare salad ingredients, combining them in a large salad bowl.
3. Pour dressing over salad, mixing until well combined.
4. Serve and enjoy!

Tomato Carrot Soup



Ingredients

- 1 can diced fire roasted tomatoes
- 1 cup carrots
- 1/2 tsp turmeric powder
- 1 inch fresh ginger grated
- 1 cup veggie broth
- 1 can low fat coconut or cashew milk
- 2 Tbsp olive oil
- 1 bay leaf
- 1 tsp italian seasoning
- salt and pepper to taste

Instructions

1. Using a large pot, saute bay leaf, tomatoes, carrots, ginger, and turmeric for one minute.
2. Add veggie broth, salt, pepper and italian seasoning.
3. Bring to a boil and then simmer for 20 minutes.
4. Using immersion blender, blend soup, leaving it a little chunky.
5. Add coconut milk
6. Return to stove and heat the soup again.
7. Allow soup to simmer until it thickens.



Chair Yoga

Thursdays at 10am

Classes are offered in the Maple Center's Fleschner Memorial Classroom Classroom and are streamed live online via our Facebook page.



@themaplecenternonprofit

The class instructor will be Devaki, an international experienced yoga teacher (E-RYT 500+) since 2000.



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

This class is offered free of charge thanks to our generous sponsor:

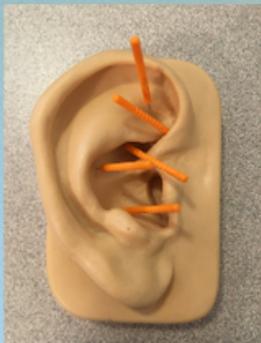


FREE!

MONDAYS 3-5:15PM

No Sign up or Registration Required

Walk - In Clinic



AURICULAR ACUPUNCTURE

A licensed Acudetox Specialist will utilize NADA's Acudetox protocol

Sponsored by:



located at
The Maple Center for Integrative Health Nonprofit

2955 Erie Canal Road

The Power of Food for Cancer Prevention & Survival

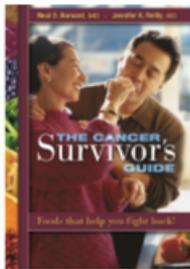
Healthy Lifestyle Can be as Powerful as Chemotherapy in Preventing Reoccurrence



The Food for Life classes offer a unique opportunity to acquire knowledge about the link between diet and cancer, Experience the benefits of plant-based nutrition, and learn the practical cooking skills needed to help you on your journey to better health. Educators include Kathleen Stienstra, MD, and the LEAF team.

Thursdays, October 6-October 27, 2022 from 6 – 8 p.m.

- Thursday, October 6** Introduction to How Foods Fight Cancer
- Thursday, October 13** Fueling Up on Low-Fat, High-Fiber Foods
- Thursday, October 20** Discovering Dairy & Meat Alternatives
- Thursday, October 27** Cancer-Fighting Compounds & Healthy Weight Control



Each class includes:

- 15-20 minute DVD lecture by Dr. Neal Barnard
- Live presentation with questions and answers
 - Live cooking demos for 3 healthy recipes
 - Food tasting for all demo recipes

Location: The Maple Center, 2955 Erie Canal Road

Register at: www.maplecenter.org - **Registration DEADLINE is Wed. Sept 28, 2022**

Cost: \$50* for the 4 class series + includes a FREE copy of
The Cancer Survivor's Guide

*Thanks to private donations, limited sliding scale scholarships are available

For more information visit our website or call 812-234-8733

Sponsored



The Maple Center
for Integrative Health



The Maple Center also offers other services both online and locally such as online plant-based nutrition classes, public speaking, and group grocery store tours. Fully licensed, certified, and insured. Go to www.maplecenter.org to see upcoming classes and events.

GENTLE YOGA



with Allison Wood at The Maple Center

This yoga class combines mindful breathing and slow, gentle movements to encourage a relaxed body and a calm mind.

Tuesdays at 5:00 PM

\$5 per session

June 28, 2022 - October 11, 2022

2955 Erie Canal Road

Please sign up prior to each class at www.maplecenter.org



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1801 N 6th St, Ste 600
Terre Haute, IN 47804
(812) 234-8733
www.themaplecenter.org



Harry P. Fleschner
Memorial Foundation

Tai Chi

LED BY STEVE WALDEN

Steve has 25 years of experience in the medical field, 2 Master ranks in Martial Arts, and is a teacher of Yang, Sun, and Chen Tai Chi.



Wednesdays from 6-7 PM
OCTOBER 5-NOVEMBER 9

At The Maple Center
2955 Erie Canal Road, Terre Haute, 47804

According to the Mayo Clinic, benefits of Tai Chi may include:

- Decreased stress, anxiety, and depression
- Improved mood, flexibility, balance, agility, and aerobic capacity
- Increased energy and stamina
- Improved muscle strength and definition

Cost: \$30 for 6 Class Series with scholarships available.

**Register and pay at www.maplecenter.org
or with the QR code to the right.**



Sponsored by:



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.

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.
- 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.
- Register your **Kroger Plus Card** online at www.krogercommunityrewards.com, using our organization's name. We receive a percentage of your purchases every time you swipe your card at the checkout counter.
- **Volunteer** your time or donate supplies
- You can also help by "**Liking**" our **Facebook page** and by spreading the word about our programs!

We appreciate your support!



Partnering Private Practices

**Integrative Medical
Consultation and
Medical Acupuncture**

**Monday through
Thursday
By Appointment**

**Kathleen A. Stienstra,
MD
Clinical Appointments
Call 812-235-4867**

**Therapeutic Massage
Therapy**

**Monday through
Friday
By Appointment**

**Nancy Humphries,
LMBT
Call 812-251-9190**

**Neuromuscular
Re-education**

**Tuesdays ,
Wednesdays, &
Thursdays or
By Appointment**

**Fee: \$60.00: 1hr.
Treatment**

**Penny Money
Call 317-670-3764**

**Mental Health
Counseling**

**By appointment
Fee: \$60 per hour**

**Jan Croft, MS, LMHC,
NCC
Call 812-240-5804**

**Registered Dietitian
Nutritionist**

By appointment

**Sylvia Middaugh,
MS, RDN, CD
Call 812-229-4059**

**Holistic Lifestyle
Consultant**

By appointment

**Devaki H.Lammet,
M.A,
Call 787-464-5651**



www.maplecenter.org