

Join the Practitioners of the Maple Center's 2016 Spring Workshop

Healing Practices for Self-Care



A half day of hands-on experiences to help meet the stresses and challenges of life.

Saturday
April 16, 2016
9:00am– 2:00pm
Unitarian Universalist
Congregation Building
1825 S. Fruitridge Avenue
Terre Haute

This half-day workshop will focus on hands-on experiences in creative ways to center yourself, relieve stress and make ourselves ready to embrace each day.

Please view the agenda of topics that the Maple Center Practitioners will be presenting on the reverse side of this page.

Cost: \$10 per person. Lunch is included.

Registration is required.

(Sliding Scale Scholarships available)

Please register by Friday, April 8, 2016 at
www.themaplecenter.org



The Maple Center for Integrative Health

812-234-8733

Healing Practices for Self -Care Workshop

Date: Saturday, April 16, 2016 Place: UU Church Time: 9:00 am - 2:00 pm

AGENDA

9:00—9:10 Welcome

9:10 - 9:30 am Yoga - Janice Croft, M.S., LMHC, NCC

A quick morning stretch which includes a gentle approach to improve your physical conditioning, flexibility and relaxation skills. Ms. Janice Croft is a graduate of Indiana State University. She is a yoga instructor and Mental Health Counselor for The Maple Center.

9:30 - 10 am Expressing Your Wellness - Art Therapy - Kathy Gotshall ATR-BC, LCSW

This is an experiential session where each participant is invited to create an "intention stone" that expresses a meaningful wellness image.. Ms. Kathy Gotshall is a local abstract watercolor and mixed media artist. She has over 30 years of practice as a registered and board certified art therapist. In addition, she is a Licensed Clinical Social Worker in the State of Indiana. Kathy is the director and assistant professor for the Master of Arts in Art Therapy Program at Saint Mary-of-the-Woods College.

10 - 10:20 am Reflexology - Nancy Humphries, LMBT

A manual application of pressure or specific strokes to feet (or hands) to improve the function of other body parts, systems, or organs that are "mapped out, primarily on the sole or palm surfaces. Nancy is a graduate of the nationally respected and COMTA approved Body Therapy Institute (BTI) in Siler City, North Carolina

10:20 - 10:35 am Snack Break

10:35 - 10:55 am Simple Massage—Penny Money, NMT

Simple techniques for use on yourself and others for Emergency relief. Natural non-invasive methods which have been proven to save lives. Penny provides Neuromuscular reeducation at The Maple Center.

10:55 - 11:15 am Acupressure and the importance of Magnesium - Dr. Kristen Walton, DC, CAC

Acupressure, sometimes called 'pressure acupuncture,' is an ancient Chinese healing technique where fingers are used to gradually press specific points on the skin to stimulate the body's own self-healing abilities by balancing energy channels. Acupressure can be effective relief for stress-related ailments and helpful in boosting the immune system, among many other uses.

Magnesium is an essential mineral that plays hundreds of important roles in the structure and function of the human body. Low magnesium levels can cause many issues like muscle cramps, facial tics, poor sleep, & chronic pain- just to name a few. Low magnesium status is also associated with type 2 diabetes, metabolic syndrome, osteoporosis, and other inflammation-related disorders. Less than half of Americans get enough of this crucial nutrient; learn easy ways to increase magnesium levels at home.

11:15 - 12:00 pm Mindful Eating Exercises – Jean Kristeller, PhD

Jean Kristeller, a psychologist and the author of "The Joy of Half a Cookie", will introduce her work on the core elements of mindful eating – how to tune into to our hunger, taste experience, and fullness, rather than eating – or overeating -- mindlessly. You'll enjoy a mindful eating experience that you'll also be able to use at lunch!

12 - 12:15 Break

12:15 pm - 1:00 pm Wisdom Circle Evoking the Wisdom of the Group – Dr. Kathy Stienstra, MD

We'll gather for small group conversation using the Wisdom Circle Format to Speak from the Heart and Listen Deeply. Please bring a small object with meaning to you to place in the center of the circle. Dr. Stienstra practices Integrative Medicine and Medical Acupuncture at the Maple Center for Integrative Health. Boarded in Family Medicine and Integrative/Holistic Medicine she received her training in Neurofunctional Acupuncture at McMaster University's Medical School in Hamilton, Ontario.

1:00 - 1:30 Lunch and workshop evaluation

1:30 pm - 1:45 pm Closing Circle and reflection