



Monthly Matters from The Maple Center

May 2008 – ISSUE 18 1801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733

Greetings to the Supporters of The Maple Center:



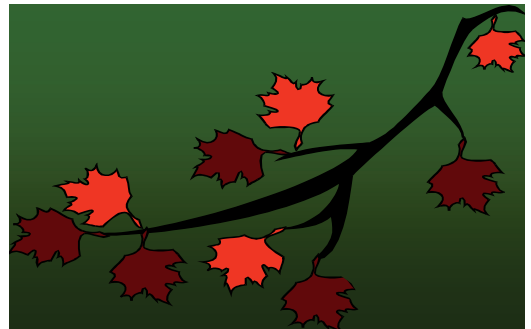
Time is fast approaching for The Maple Center's Third Annual Dinner and Meeting. This is a wonderful opportunity for supporters to review the past year's achievements and accolades at The Maple Center as well as to meet and greet Staff, Board Members, and other Maple Center supporters. By purchasing tickets, you also financially support the exceptional programming and activities sponsored by The Maple Center. Call today to purchase your tickets.!

–The Maple Center Board of Directors and Staff

**Friends of The Maple Center:
In honor and appreciation
Of your continued support of
The Maple Center
You are cordially invited to our
2008 Annual Dinner & Meeting
To be held on Friday, May 16, 2008 at 6:30
PM**

**Purchase Your Tickets Today for
Maple Center's Annual
Dinner & Meeting**

**ISU HMSU Dede III
Menu Choices:
Chicken, Beef, and Vegan
Please call The Maple Center
Before May 13, 2008 to
purchase tickets (\$25) and
to confirm your attendance.**



Upcoming Events

May 12, 2008

**The Happiest Baby on the Block
Program 7:00 PM**

May 16, 2008

**MAPLE CENTER
ANNUAL DINNER**
ISU Dede III, HMSU

May 22, 2008

Men's & Women's Health Series
7:00 PM- 8:30 PM
**"Living and Coping after
Prostate Cancer "**

Beginning In June!

Tree House Club For Children
Healthy Eating & Fitness Club
REGISTER TODAY!

June 14 and 21, 2008

Natural Childbirth Class
At the Maple Center Classroom.

ONCOLOGY PROGRAMS

Tai Chi begins July 15th & 16th
North & South Locations
Same TAI CHI instructors.

June 3, 2008

**Stress Management for Breast
Cancer Survivors**
10:00 AM to 12:00 PM
Maple Center Classroom

June 21, 2008

**Yoga for Breast Cancer
Survivors – Beginners**
10:00 am to 11:30am
Vigo County Library Main Branch

June 26, 2008

Natural Medicine Presentation
Dr. Kathleen Stienstra
Providence Medical Center
7:00 PM to 8:30 PM

Register Today For Tai Chi for Health

8-Week Session Begins:
May 13 (Landsbaum)
May 14 (Regional)



Oncology Tai Chi begins July 15th &
16th

Same North & South Locations

Same TAI CHI instructors.

TUESDAY CLASSES

The Landsbaum Center, Classroom 2
5:30pm Beginners & Advanced / 6:30 Beginners & Advanced
1433 North 6 1/2 Street, Terre Haute, IN

WEDNESDAY CLASSES

Terre Haute Regional
Outpatient Therapy Building
6:30pm Beginners & Advanced
Springhill & 3rd Street, Terre Haute, IN

The Happiest Baby on the Block
Join us for this program at The Maple Center
May 12, 2008 at 7:00 PM

Soothe a crying baby in minutes or less.....
**This class can help reduce sleepless nights, marital
stress, and postpartum depression.**

Class Information Includes:

The 4th Trimester
The Calming Reflex
The 5 S's
The Cuddle Cure

**Class includes DVD, Soothing Sounds CD,
and swaddling blanket**



Yoga for Pregnancy

The Maple Center's *Yoga for Pregnancy* program began Sunday, April 6th.



The fee for each weekly session will be \$5.00. Participants may pay per class.

Registration with The Maple Center is required.

Date & Time: Sundays (1:30—2:30 PM)

Location: World of Dance (Behind Honey Creek Mall)

Bring: A mat and exercise ball if you have one.

Participants also need to bring a signed medical release to participate in the program from their physicians. *The instructor for this program will be Jo Groth, licensed massage therapist and certified yoga instructor. Jo will be at the Maple Center on Sundays offering Massage Therapy (937-672-4962 to schedule) as well as instructing our Yoga for Pregnancy program on Sunday afternoons at World of Dance.*

REGISTRATION REQUIRED

Call The Maple Center TODAY at 812-234-8733

Or go online to www.themaplecenter.org

Treehouse Club for Kids

Are you looking for a summer program for your children? Consider The Maple Center's new "TREEHOUSE CLUB FOR KIDS".

This innovative program will provide active, hands-on experiences to improve children's fitness levels and instruct them on making nutritious food choices.

Watch The Maple Center's Website at www.themaplecenter.org
For Program Details
And Registration Information!



TREEHOUSE artwork created by
Jeff Bucchino, "The Wizard of Draws"
<http://www.cartoonclipart.com>



Men's & Women's Health Series 2008

The Maple Center is hosting a series of workshops on various health topics through funding from the Hollie and Anna Oakley Foundation.

MAY TOPIC: "Living and Coping after Prostate Cancer "

Presented by David Howard, PhD

Location: The Maple Center Classroom, Terre Haute, IN.

Time: 7:00— 8:30 PM

\$5.00 Registration Fee for This Presentation OR

Cost: \$15.00 per person/\$25.00 for two to attend the ENTIRE series.

A Maple Center Welcome

The Maple Center's Integrative Health and Maternity Care Center is pleased to welcome Stephanie Van Sickel—Birth Doula and Certified Reflexologist and Massage Therapist with special certification in Pregnancy Massage.

Stephanie trained through the International Institute of Reflexology in 2000, the original school for reflexology in the United States and the American Certified Massage School in Crown Point, Indiana in 1999. Certification in pregnancy massage was obtained in 2000, and in 2006, Stephanie completed her certification as a birth doula (labor coach) through the country's premier doula association (DONA). In addition, she holds a Bachelor of Science degree in Psychology and Child Development from California State University, San Luis Obispo. Before moving to this area, she practiced in Sonoma County, California and Valparaiso, Indiana. She now sees clients at The Maple Center on Monday afternoons.

For ten years Stephanie has been involved in helping people through various modes of bodywork. With her background in psychology, child development, and art she brings creativity, sensitivity, humor, compassion, and intuitive insights to her clients and their stress-related problems. Since 2002, Stephanie has seen clients at Sisters of Providence Healthcare where she administers massage and/or reflexology to the Sisters, as well as to staff. She has also provided chair massage for many various businesses, events, and fairs around Vigo and Marion Counties.

Stephanie's newest role with The Maple Center is to serve as the Coleman Cancer Foundation Integrative Therapy Coordinator. She meets with Dr Huh's patients and introduces them to the integrative therapies being offered free to them in coordination with modern medical approaches, plus offering massage and reflexology. She is extremely proud to be helping with this outstanding and very exciting project, the first in this area. However, her proudest achievements are her terrific and talented son and daughter, Eli and Naomi.

