



Monthly Matters from The Maple Center

March 2008 – ISSUE 16 801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733



Greetings to the Supporters of The Maple Center:

Despite snow falling in Arkansas, spring promises to be right around the corner! As the daffodils flood our lives with color and new opportunities to enjoy nature, The Maple Center is also offering new program opportunities as detailed in this e-letter.

In addition to new programs, mark your calendars for The Maple Center's Annual Dinner to be held on May 16th. A fundraiser being sponsored at Beef O'Bradys will offer supporters the opportunity to dine out AND support The Maple Center.

—The Maple Center Board of Directors and Staff

Men's & Women's Health Series 2008

Beginning on March 27, The Maple Center will host a series of workshops on various health topics. These topics will include:

Breast Health, ADHD, Prostate Health, Brain Health, Fibromyalgia, Stress, Osteoarthritis, Menopause, Eating Disorders, and GERD.

After the March Health Series session, remaining sessions will be held on the third Thursday of the month where one of these topics will be discussed by a recognized expert.

Location: Vigo County Library Main Branch, Terre Haute, IN.

Time: 7:00— 8:30 PM

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

March Session: Breast Health, by Dr. Kathleen Stenstra

REGISTER TODAY!



Upcoming Events

March 11 & 12, 2008
Tai Chi for Health
Register Today!

March 27, 2008
Men's & Women's
Health Series
7-8:30 PM
Vigo County Public Library
Register Today!

April 1, 2008
Organic Food Co-Op
Mail In Registration Forms
And Payment

Sundays Beginning
April 6, 2008
Yoga for Pregnancy
\$5.00 per session
SIGN UP TODAY!

April 10, 2008
BEEF O'BRADYS
FUNDRAISER
April 10, 2008
4:00 to 8:00 PM

April 12, 2008
Natural Childbirth Sessions
Begin
Please Register Early

April 17
Men's & Women's
Health Series
7-8:30 PM
Vigo County Public Library
Register Today!

May 16, 2008
MAPLE CENTER
ANNUAL DINNER
ISU Dede III, HMSU
Watch for Ticker Information!



Register Today! Tai Chi for Health

8-Week Session Begins:
March 11 (Landsbaum)
March 12 (Regional)

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

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

BEEF O'BRADYS

Dine Out in April to Support The Maple Center

Beef O'Bradys is partnering with The Maple Center for a fundraiser. This is a great opportunity to dine out with family and friends and see 15% of the revenue garnered that evening given to The Maple Center!

**Date: Thursday, April 10, 2008
Time: 4:00 – 8:00 PM: Beef O'Bradys
2309 South Third Street, Terre Haute**

Encourage everyone you know who enjoys dining out to visit Beef O'Bradys on April 10th!



Yoga for Pregnancy

The Maple Center's *Yoga for Pregnancy* program will begin 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 beginning April 6th
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.

REGISTRATION REQUIRED

**Call The Maple Center TODAY at 812-234-8733
Or go online to www.themaplecenter.org**

Maple Center Natural Childbirth Classes to Begin

Who should come?

- o Women desiring Natural Childbirth
- o Women Seeking a combination of Lamaze, Hypnobirthing, & Bradley approach
- o Women who want information about exercise in pregnancy
- o For those who want time to practice relaxation exercises
- o For those who need a Saturday class

****Bring with you: 2 pillows and a bath towel or blanket for floor work and your questions and concerns about birth.** A tour of the hospital OB unit can be arranged separately****

Per Maple Center Policy, we offer a Sliding Scale fee based on income for those who cannot afford the full fee.



**To Register Please Call:
812-234-8733**

The class will be held the second and third
Saturday of each month.

For first time moms, the cost will be \$50.00 for both days.
For second time moms, they will have the option of paying
\$50.00 for both days or just the second session for \$30.00.

The next series of classes will be:

**April 12 & 19
May 10 & 17
June 14 & 21**





Healthy, Local and Organic in Terre Haute!!!

FRESH PRODUCE will be coming SOON! The Healthy Hoosiers CSA is one place you can find fresh local organic produce! CSA stands for Community Supported Agriculture. You buy a portion of the farmers crop and in return you get a boxed share of the fruits & vegetables each week for 25 weeks! For more details about the CSA go to the website: www.healthyhoosierscscs.com or email: healthyhoosierscscs@gmail.com

OTHER Organic Items Available:

Local grassfed beef, lamb, chicken and turkey
Local farmstead cheese Wheat/rice/beans (wholesale ordering)
Maple Syrup & Local Honey Co-Op Buying Club
Cow Shares (milk, butter, cream and yogurt) Walnuts/Almonds/Pecans

Do you know where your food comes from?

For more information about any of the organic items email: organicterrehaute@gmail.com

Utilize the Vigo County Public Library or The Maple Center's Dr. John Black Memorial Resource Library To Check Out Your Supplements!

The Vigo County Public Library has added a subscription to ConsumerLab.com to the many databases available to library users and cardholders. ConsumerLab is a database devoted to evaluating health, wellness and nutrition products. For many users, that might mean checking on the quality of vitamins or supplements that you have purchased, or evaluating choices before purchase. The home page states "Since its founding in 1999, CL has tested more than 2,000 products, representing over 350 different brands and nearly every type of popular supplement." A site search box is located in the upper left corner, with other buttons below it to the major categories available on the site, such as the Natural Products Encyclopedia. Product reviews appear at the top middle portion of the screen, with a drop down menu from which to choose. ConsumerLab does not evaluate every supplement for sale on the market, so you may not find reports for all the brands that are available in stores.

TO ACCESS CONSUMERLAB.COM VIA THE VIGO COUNTY PUBLIC LIBRARY:

1. Go to www.vigo.lib.in.us
2. On the left side, under "Explore a Room" click on VCPL Databases
3. Click on VCPL databases A-Z and scroll down alphabetically until you see ConsumerLab.com. Click on its link.
4. When prompted, enter your 14 digit library card number with no spaces.

TO ACCESS FROM A COMPUTER AT HOME OR AT THE MAPLE CENTER'S LIBRARY:

1. Go to www.vigo.lib.in.us
2. On the left side, under "Explore a Room" click on VCPL Databases
3. Look for the subject groupings of databases that display in the center portion of the screen. Scroll down until you see "Health & Medical Databases"
4. Use the drop down menu to choose ConsumerLab.com Click GO
5. When prompted, enter your 14 digit library card number with no spaces.

