

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 Wabash Valley **LEAF** class
(Lifestyle Education And Food) Program

Class Information:

Current nutrition class being offered are announced on our
home page of this website

**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 also.**



For more information contact:
The Maple Center for Integrative Health
812-234-8733 or
Visit our website at www.themaplecenter.org

