

Mind, Body, & Spirit Wellness Series

at Landsbaum from 1:30-3:00 pm

Cost: No charge

August 13, 2014

Dr. Stienstra, MD, Julie Fine, PhD, FNP-BC, Karen Cunningham, PT

Presents: How food affects Inflammation and Pain

A physician, nurse practitioner, and physical therapist will discuss ways that food can affect inflammation, musculoskeletal, neurologic, and gastrointestinal pain.

September 10, 2014

Jean Kristeller, Ph.D.

Presents: “Mindful Eating: Balanced Eating, Joyful Eating “

Mindful eating helps us connect our eating with the needs of our body – and mind. This program will introduce the basic concepts of mindful eating: learning to become more aware of our experiences of hunger, fullness, and taste, in order to create a better relationship with food and with our body. The program will include experiences in mindfulness practice and in mindful eating.

Jean Kristeller is Professor Emeritus in the Dept. of Psychology, Indiana State University, and has received multiple NIH-funded grants to study mindful eating. She lectures and teaches nationally and internationally about this work.

October 8, 2014

Nancy Humphries, NC—LMBT 9602, IN—MT 21103948

Presents: “Professional Massage – A Powerful Ally in your Health Care Regiment”

The licensed Massage therapist at the Maple Center, Nancy Humphries, will explain some of the health benefits of massage, how the medical fields is taking a second look at this practice, and answer some common questions. She will demonstrate a few different techniques, some self-help movements, and modest draping methods.

November 12, 2014

Tammy Lundborg, MS, Registered Yoga Teacher

Presents: “Yoga: An Integrative Approach to Overall Mind & Body Wellnes; the Benefits of Using Yoga for a Happier & Healthier You”

She will provide an overview of yoga to include its origins, common stereotypes associated with yoga, and yoga’s overall benefits. She will also briefly discuss yogic philosophy and the reasons yoga is more than just a form of exercise. Yogic breathing (pranayama) and postures (asana) will be demonstrated. Audience participation is encouraged (but not necessary!). Tammy will end with a brief discussion on the benefits of meditation and will lead the audience in a short guided meditation. Find out how yoga can lead to a happier and healthier you!

December 10, 2014

Eve Lasswell, 3rd year PsyD student at Indiana State University

Presents: “Mindfulness in Daily Living”

This presentation will include an of overview of what mindfulness entails, approaches to developing mindfulness in daily living, as well as the mental and physical benefits of practicing mindfulness.