



at

**ISU University Hall Whitaker Conference Room
from 1:30 - 3:00 pm, No Charge**

**January 10 – Natural Ways to Prevent & Heal Joint Pain by Kathleen Steinstra, MD,
FAAFP,DABHIM**

Dr. Kathleen Stienstra, local integrative medical doctor will discuss nutritional, herbal, structural, immune, and acupuncture approaches for joint health.

at Landsbaum from 1:30 - 3:00 pm, No Charge

**February 14– Hearts CAN be Healed by Julie Fine, RN, PhD, FNP-C, Assoc. Professor, Dept. of
Advanced Practice Nursing**

Many still do not know that diet and lifestyle changes can actually reverse heart disease, change the expression of genes, and give people a new lease on life. Programs to help you make those changes are available in our Wabash Valley community. Peer-reviewed research findings and practical advice will be presented.

March 14– Physical Therapy and Your Joints by Karen Cunningham, PT

The Physical Therapist will discuss how physical therapy can help prevent further damage to your joint, strengthen muscle around the injured joint and how it help individuals rehabilitate after surgery.

**April 11 – Joint Anatomy and Improving function and Comfort post op by Penny Money, NMT
& Nancy Humphries, NC—LMBT 9602, IN—MT 21103948**

Nancy Humphries and Penny Money will explain some of the health benefits of massage, how it can help prior to possible surgery, prevent surgery, and relieve discomfort after surgery. They will also discuss joint anatomy and why massage helps.

Presented by:



The Maple Center for Integrative Health

