



Monthly Matters from The Maple Center

February 2008 – ISSUE 15 801 North Sixth Street, Suite 600, Terre Haute, IN 47804 Phone (812) 234-8733



*Greetings to the Supporters of The Maple Center:
We hope you will enjoy the new format that MONTHLY MATTERS will assume for some upcoming issues. In January, April, July, and October you will receive our standard 8-page e-letter with your expected columns and featured writers. During the "off months" each quarter you will receive this 4-page publication with timely information on programs and events that we believe will be life-enriching and life-changing for each of you! Enjoy.*

–The Maple Center Board of Directors and Staff

CHEERS TO GOOD HEALTH!

SPONSORED BY
THE MAPLE CENTER

Saturday, February 14, 2008
Indiana Theatre
683 Ohio Street
7:00-10:00 PM

An evening of wine and chocolate tasting — good for you and good for your community.

Enjoy an evening of tasting fine wines, juices, fruits, and chocolates.

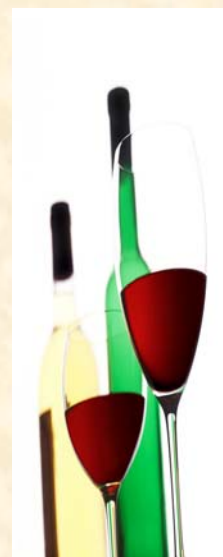
Rich in antioxidants, the evening's fare will benefit you and vital health-related services for your community.

Wines & Appetizers By Market Bella Rossa

\$20.00 per person-In Advance and \$25.00 at the Door

Call 234-8733 or go online TODAY at www.themaplecenter.org to purchase tickets.

Proceeds Will Support The Maple Center's Mission To Provide Integrative Health



Upcoming Events

January 5, 2008
Yoga for Breast Cancer Begins
REGISTER EARLY!

January 8 & 9, 2008
Tai Chi for Health
Our Apologies—
Classes are Full!

January 23, 2008
“Stress Management
Intervention for Women with
Breast Cancer”.
Our Apologies—
Workshop is Full!

January 24, 2008
“Coping with Chronic Health
Challenges”
Our Apologies—
Workshop is Full!

February 14, 2008
Cheers for Health Fundraiser
Indiana Theater
\$20.00 per person-In Advance
\$25.00 at the Door
TICKETS ARE AVAILABLE!

February 26, 2008
LOVING TOUCH:
Intimacy & Healthy Relationships
7:00-8:30 PM
7-week Workshop
REGISTER EARLY!

February 26, 2008
Integrative Medicine:
Outside the Box
Mini Medical School Presentation:
6:30-8:30 PM

March 1, 2008
CELEBRATION OF LIFE
For Breast Cancer Survivors
9:00 AM – 5:30 PM
Holiday Inn, Terre Haute

LOVING TOUCH:

Intimacy & Healthy Relationships

7-week workshop series
Held Tuesday nights, beginning February 26, 2008
At The Maple Center Classroom
1801 N. Sixth Street, Terre Haute, IN 47804
7:00–8:30 PM
Fee: \$15 for one person;
\$25 for two people registering together

Join The Maple Center for its upcoming workshop series, “Loving Touch: Intimacy and Healthy Relationships”! This 7 week workshop will cover about everything (well, almost everything!) you ever wanted to know about sex and sexuality within a fulfilling, intimate relationship. It is hoped each and every person will leave this class recognizing that sexual health and satisfaction is more than freedom from sexual diseases or disorders; and that it includes enhancing one’s capacity to derive pleasure from sexual activity and intimate relationships in a way that is non-exploitative, respectful of self and others, rewarding, and joyous.

WORKSHOP TOPICS

- Sexuality in our lives and in our society: Myths and reality.
- Fostering love and intimacy.
- Sexual function: What is typical for men and women?
- Common sexual problems, possible solutions.
- Aging and sexuality: Health factors and benefits.
- Sexuality: Communication is key!
- Making sex fun and fulfilling: Tantric Sex (Dr. Pat Sheehan from the Body and Spirit Studio in Indianapolis, see www.lovingspirits.com)

Facilitators: Drs. David Howard & Veanne Anderson—Indiana State University.
Funding provided in part by the Hollie & Anna Oakley Foundation.



Integrative Medicine—Medicine Outside the Box

February 26, 2008

6:30-8:30 PM

Landsbaum Center

Presented by Dr. Stienstra and Dr. Huh

Integrative medicine is a growing field in which healthcare providers combine mainstream medical therapies and complementary and alternative therapies for which there is some high-quality scientific evidence of safety and effectiveness. Combining the discipline of modern science with the wisdom of ancient healing, integrative medicine allows the provider and patient to address the emotional, social, and spiritual needs of patients and families. In treating disease, however, these complementary therapies are not to be substitutes for mainstream medical care; they are to be used in concert with medical treatment to help alleviate stress, reduce pain and anxiety, manage symptoms, and promote a feeling of well-being. Integrative medicine may also be valuable to those who are not ill but wish to increase self-awareness, enhance well-being, and help prevent health-related problems.

For more information concerning the

Mini Medical School, please contact:

Office of Continuing Education

Indiana State University, Terre Haute, Indiana 47809

812-237-4011 or 1-800-234-1639



Breast Cancer Survivors.....Programming Just for YOU!



You are cordially invited to a
Celebration of Life

----a day of sharing
----a day of caring
----a day of learning
----a day of yearning

To live each day fully where life is celebrated!

WHEN: Saturday, March 1, 2008
9:00 AM – 5:30 PM

WHERE: Holiday Inn, Terre Haute
COST: FREE (Lunch provided)

RSVP: Reservations must be made by Feb. 15, 2008
Please Call 812-234-8733

For More Information Or For Online Registration Go To www.themaplecenter.org

Workshop Topics:

Session 1 (9:30-11:00 AM) Participants Select One:

The New You
Tai Chi for Health
Family & Friends

Session 2 (11:15 AM-12:45 PM) Participants Select One:

Natural Medicines for Support During Treatment &
to Reduce Risk of Recurrence
Stress Management: Didactic and Experiential
Poetry & Journaling
Beading

Session 3 (1:45 PM-3:15 PM) Participants Select One:

Change Your Diet...Change Your Life
Music Therapy: A Source of Support & Self-Expression
Wisdom Circle

Session 4 (3:30 PM-5:00 PM) - Participants Select One:

Healing Art: Collage Workshop
Yoga & Relaxation
Massage & Touch

Go Online Today to Register and for More Information!

Cope By Faith-

*A Presenting Experience with a New Approach to
Group Sessions for People with Cancer*

**Dr. Natalie Hamrick,
Research Psychologist
IU School of Medicine**



will present the materials she has developed for group sessions that are tailored to the person's faith tradition (Catholic, Protestant, Jewish and Spiritual). Dr. Hamrick's research showed benefits, and she is interested in sharing the materials and knowledge gained.

Please join us for her presentation on
Thursday, February 21, 2008
7:00-8:30 PM
Classroom 3, Landsbaum Center,
1433 North 61/2 Street, Terre Haute, IN

Sponsored by the ISU Center for the Study of Health, Religion and Spirituality
Co-sponsored by The Maple Center, Inc.

