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For Immediate Release:
**The Maple Center Sponsors “Coping With Chronic Health Challenges”
Workshop Series**

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Have you, a family member or friend been diagnosed with a chronic illness? Cancer? Diabetes? Cardiovascular Disease? According to health statistics for Indiana, there is a likelihood that you or a loved one is coping with one of the aforementioned diseases or other chronic health conditions. In an effort to provide vital tools and skills for coping with chronic health challenges, The Maple Center, Inc. is sponsoring a 6-week workshop series entitled “**Coping With Chronic Health Challenges**”. These weekly, two-hour sessions (3-5 PM) will be offered at The Landsbaum Center in Terre Haute, beginning Tuesday, February 20, 2007 and continuing until Tuesday, March 27, 2007.

Chronic disease is a very real threat to Hoosiers. According to the CDC’s (Centers for Disease Control and Prevention) article, “**Chronic Disease: The Leading Causes of Death in Indiana**”, heart disease is the leading cause of death in Indiana, accounting for 15,682 deaths or approximately 28% of the state’s deaths in 2001 (the most recent year for which data are available). Stroke is the third leading cause of death, accounting for 3,877 deaths or approximately 7% of the state’s deaths in 2001. In 2001, the state had the 15th highest heart disease death rate and the 15th highest stroke death rate in the United States. Additional statistics demonstrate that in 2004, over 560,000 Americans—or more than 1,500 people a day—will die of cancer. Of these annual cancer deaths, 13,250 are expected in Indiana. In the Hoosier State, the prevalence rate for diabetes was higher than the national average in 2003 (7.4% compared to 7.1%) and the state’s diabetes death rate in 2001 (27.7 per 100,000) was higher than the national diabetes death rate of 25.2 per 100,000.

Statistics such as these are revelatory and demonstrative of the well-established need for programs such as The Maple Center’s “**Coping With Chronic Health Challenges**”. Individuals and their families, who are faced with the challenges of chronic health concerns, face numerous daily challenges. This workshop will provide tools that will equip patients and educate them about:

- Effects of stress on illness
- Stress management and mind/body skills
- Benefits of healthy diet and exercise
- Techniques for pain management
- Emotional reactions to chronic illness and ways to counteract these reactions
- Effects of illness on daily activities, occupation, and family relationships

Facilitating this workshop will be Suzanne Harris, PhD, a licensed clinical psychologist with over ten years experience working with medical patients. She has been in private practice in Savoy, Illinois since 2001. Dr. Harris received her doctorate in Clinical Psychology from the University

of Miami. She completed her Masters degree in Clinical Psychology from the University of Miami and a Masters degree in Counseling Psychology from the University of Illinois. Her undergraduate degree in psychology was earned from the University of Illinois as well.

Dr. Harris' interests include: (a) human psychology; (b) adjustment to chronic and terminal illness; (c) pain and stress management; and (d) issues of aging, hospice, and bereavement. She has authored several articles in publications ranging from *Health Psychology* to the *Journal of Consulting and Clinical Psychology*.

The Maple Center, Inc. was founded in 2004 as a 501(c)(3) nonprofit agency. Its mission includes providing high-quality integrative health care for men, women, and children in addition to maternity care to our community in an effort to optimize health and quality of life. Integrative medicine combines the strengths of modern medicine with the best of complementary care, education, and programming. Mutually respectful partnerships between client and health care providers are nurtured. Community health education is an integral portion of The Maple Center's mission.

The fee for the “**Coping With Chronic Health Challenges**” workshop series is \$250 that includes all materials and 12 hours of instruction. According to The Maple Center's policy, a limited number of reduced fee registrations are available to those with an established financial need. If you or someone you know is interested in obtaining more information about our “**Coping With Chronic Health Challenges**” workshop series, please access our website for additional information, registration and payment links at www.themaplecenter.org or by calling our office at (812) 234-8733 (TREE). We anticipate this workshop series to reach maximum capacity (10 participants) so early registration is highly recommended.

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