

Maple Center program to explore threats from diabetes

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The Maple Center for Integrative Health will present the second session of “The Power of Food for Diabetes Prevention and Survival,” beginning Feb. 6.

The initiative is presented through the Pomeroy Wellness Program, a partnership among Saint Mary-of-the-Woods College, The Maple Center and several other community wellness organizations. Classes are intended for people with diabetes, pre-diabetes, a family history or risk factors of developing diabetes, and their adult family members. Based on the Food for Life program, these classes bring nutritional and lifesaving information to the Wabash Valley community. Classes will be led by Dr. Kathleen Stienstra.

“The road to diabetes does not have to be a one-way street,” according to the center’s press release. “People who eat plant-based meals are less likely to ever develop diabetes, and for those who have diabetes, plant-based meals can help to improve blood sugar levels and prevent complications. Each week, the session will explore how a diet rich in vegetables, fruits, grains and legumes impacts diabetes, and instructors will demonstrate recipes that can be recreated at home.”

Topics for these classes include “Introduction to How Foods Fight Diabetes,” “The Power of Your Plate and Grocery Cart,” “Understanding Type 2 Diabetes” and “Designing a Diet for Maximum Weight Control.”

The program will run from 6:30 to 8:30 p.m. each Friday, Feb. 6-27, in Maryvale Apartments, 3461 St. Mary’s Road, West Terre Haute. Cost is \$35 per participant with scholarships available through the Wabash Valley Community Foundation.

For more information, visit themaplecenter.org or call Deanna Ferguson, Maple Center executive director, at 812-234-8733.

Reference: http://www.tribstar.com/features/health/maple-center-program-to-explore-threats-from-diabetes/article_3e39eec9-3d70-5c6f-92ec-565a4cecc5a5.html