

Press Release for immediate Release

Quench the Fire--Natural Answers for Inflammation

Terre Haute is pleased to welcome Chef Wendell Fowler, nationally known inspirational speaker and television personality, chef, cookbook author, and entertainer. For 11 years, he has hosted his bi-weekly "Eat Right Now with Chef Wendell" segment on WISH TV 8 Daybreak Weekend News and has made repeated appearances on ABC, NBC, and Public Television.

Chef Wendell is the lead speaker for a Saturday morning conference, September 6, 2014 at the ISU Student Union, Dede III, Terre Haute, IN. His 9:00 am presentation "Eat Right Now: Inflammation—Is Your Body on Fire?" will be followed by Dr. Kathleen Stienstra presenting "Quench Brain Inflammation/Headaches" and Karen Cunningham, PT presenting "Natural Approaches for Sore Joints & Muscles". A delicious healthy lunch will be served with preparation comments by Chef Wendell.

Many Wabash Valley citizens realize the importance of health but struggle making healthy lifestyle choices. The Maple Center for Integrative Health is taking the lead in providing educational programs to address obesity, heart disease, pain, diabetes, stroke and other health concerns prevalent in our area.

Co-sponsors for the program include Indiana State University, Union Hospital and Baesler's Market.

Advance Registration Required: Cost: \$35 Last day to register is Tuesday, Sept 2, 2014.

Register online at www.themaplecenter.org, email: dferguson@themaplecenter.org or call 812-234-8733 at The Maple Center for Integrative Health, 1801 N 6th Street, Terre Haute, IN

The Maple Center, not-for-profit, for Integrative Health was founded in 2004 in Terre Haute, Indiana, and is dedicated to providing integrative health educational programs to empower and enrich men and women alike. The Maple Center has created a place where individuals, and their families, can find a listening ear and a caring heart.

**The Maple Center for Integrative Health
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(812)-234-8733
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