

**For Immediate Release
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**Grant Support Lowers Cost for Maple Center
Lifestyle Education and Food Program for Adults and Youth**

The Maple Center is pleased to again offer Wabash Valley LEAF (Lifestyle Education and Food), now for the second time with separate but concurrent classes for adults and for youth aged 8-12 years. This 8 week LEAF 4 program will be held at Saint Mary-of-the-Woods College March 12-May 7, 2015-Thursdays evenings from 6:15 to 8:30 pm. Best of all grant support for this portion of the Pomeroy Wellness Program has made the cost very low-\$65/person (and additional sliding scale support from the Wabash Valley Community Foundation means that a person with Medicaid insurance would only pay \$6.50.)

Do you have heart disease, high cholesterol, high blood pressure, diabetes, or indigestion and wish you could feel better and reduce the number of medications you take? Does your child face chronic health problems or obesity or would you like to help him or her to effectively prevent those problems? Join us as a family or come as an adult. For youth participation, an associated adult is required to join the adult classes.

Most people are not aware that it is possible to REVERSE coronary artery disease. There is research to demonstrate this is possible with the lifestyle changes taught with LEAF. Angina (chest pain) cholesterol, blood sugar, blood pressure and aches and pains can actually improve and resolve. Reduction in medications for high blood pressure, diabetes, high cholesterol and heart disease commonly occur, and costs for hospitalizations and procedures reduce significantly for those who follow LEAF.

Best of all, people have more energy, fewer joint pains, weight loss without hunger, etc.! It's easy to be told to eat better, exercise more, and reduce stress but to actually make these changes can be hard without the necessary knowledge, and support. Learning how to make these changes in a supportive educational environment can be fun.

The Youth LEAF program is a result of a community collaboration including Maple Center educators, Purdue Extension, The Children's Museum, the Family Y, UAP Clinic, Union Hospital Fitness Center, Indiana State University professors, CHANCES for Youth, and Riley Hospital's Power-Up program. It is designed to offer fun active physical movement/exercise, education about food and nutrition with samples, goal setting and stress management, and calming/stretching physical activities.

The Adult LEAF program is a homegrown compilation of resources built on PCRM (Physicians Committee for Responsible Medicine) materials and information gleaned by the mostly volunteer Leadership Team members from a variety of Lifestyle Medicine experts and research.

Registration fee of \$65/person includes 2 Blood Tests for cholesterol profile and blood sugar, followed by breakfast; 2 Lifestyle Evaluations; Personalized Counseling; 8 Educational Sessions, Textbook, Handout Notebook, Food Demonstrations & Samples, Grocery Shopping tour, and

Free Monthly Alumni Support Meetings. Limited scholarships are available through the generosity of past participants and a grant from the Wabash Valley Community Foundation. The program is also eligible for reimbursement through flexible spending accounts and medical savings accounts.

Class dates are March 12, 19, 26, April 2, 9, 16, 23 and 30. Commencement date is May 7, 2015

Mark your calendar to attend any of the **FREE LEAF information sessions** (registration for the information sessions is not required) **Tuesday, January 20 at West Terre Haute Police Dept., Town Hall (West Terre Haute) and Wednesday, January 28 at Providence Place (West Terre Haute), All sessions are from 7:00-8:30 PM.**

For more information or to register for the spring 2015 LEAF program attend a **FREE information session** or call The Maple Center for Integrative Health: 812-234-8733. Information is also available on the Maple Center website www.themaplecenter.org.

This initiative is presented by the Pomeroy Wellness Program — a partnership between Saint Mary-of-the-Woods College, The Maple Center for Integrative Health and several other community organizations. Pomeroy Wellness is a grant of the Terre Haute Chamber of Commerce's Better Health Wabash Valley Initiative and is made possible through the support of Anthem Blue Cross and Blue Shield Foundation. For more information visit www.smw.edu/wellness



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