

The Maple Center

Invites

*Breast Cancer Patients
and Survivors to the*

CELEBRATION OF LIFE



SATURDAY

January 30, 2010

**St. Margaret Mary
John Dede Parish Hall
Legacy Room**

**6 ½ Street and Voorhees
(School Building-Elevator
Access on the South Side)**

**FREE Program to Support
Your Health and Healing**

10:00AM - 2:30 PM

- 9:30 Registration**
10:00 Welcome
- 10:10 Survivor Story**
“Positive but Practical Philosophy for Living”
- 10:30 “Celebrating Life through Song Writing”**
- 11:15 “Biofeedback Techniques
To Control Your Stress”**
- 12:00 Lunch**
“Healing Flavors and Mindful Eating”
- 1:00 “Pressure Your Stressors: Body Point
Massage Therapy for Pain Relief,
Stress Reduction and General Well Being”**
- 1:45 “Rhythm of Life: Making Music Together”**
- 2:15 Celebration Ceremony**

Presented by

The Maple Center

Integrative Health and Maternity Care



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The Cure Foundation Grant

Wabash Valley Affiliate

REGISTRATION

The Maple Center

1801 N. Sixth St.

Suite 600

Terre Haute, IN

47804

812-234-8733

www.themaplecenter.org

*A day of sharing, a day of caring,
A day of yearning, a day of learning,
To live each day fully
Where life is celebrated!*