



HEALTH IS WEALTH

BE ABUNDANT IN HEALTH

Learn the ins and outs of healthy living from a multitude of professionals. Discover all the options available to you as you walk the path to a healthier and happier lifestyle.



MAPLE CENTER FOR INTEGRATIVE HEALTH PRESENTS

CITY OF WELLNESS

A showcase for healthy living in the Wabash Valley

SATURDAY, MAY 20, 2023

9:30 AM - 3:30 PM

ROSE HULMAN INSTITUTE OF TECHNOLOGY MUSSALLEM UNION

Free to the Public

(due to our generous sponsors)

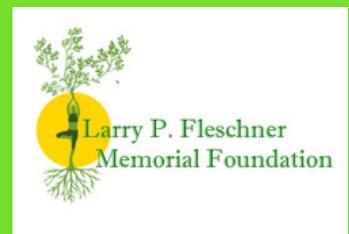
A showcase of integrative health professionals, a variety of topics:

- **Make Your Bowel Less Irritable** by Dr. Kathleen Stienstra, MD
- **Coping with Anxiety** by Lindsey Skelton, BS, ADS, RYT-200
- **Changing the Ways We Operate: How to Improve Your Executive Functioning** by Dr. Abbie Jones, Licensed psychologist, HSPP
- **Make Your Joints Happy** - Dr. Kathleen Stienstra, MD
- **What is Functional Medicine?** by Becca Barger, NP
- **Food as Medicine for Heart Disease, Diabetes, Cancer and High Blood Pressure** by Chloe Hurst

Experiential Sessions

- **Qigong** with Hongtao Li, PhD
- **Radiant Rest: An Exploration of Yoga Nidra for Deep Relaxation & Awakened Clarity** with Ashley Martin, MBA, RYT-500 from Common Grounds
- **The Power of Your Breath** by Danielle Bryan, owner of Illumination Wellness
- **Mindfulness** by Jean Kristeller, PhD, author of The Joy of Half a Cookie and a psychologist
- **Ease Your Stress with Self Massage** by Nancy Humphries, owner of Blue Dragonfly Massage, LMBT9062, MT21103948IN

Sponsored by



Visit www.cityofwellness.info for more information about the event.
For inquiries call (812) 234-8733 or email info@maplecenter.org