



# Living With MS

**What YOU can do to help yourself heal!**

Join us at the Kindred Spirit Center  
2312 N. Grandview Blvd. (Hwy T)  
Waukesha, WI 53188

Class I	Friday, Feb. 27th	7:00 pm
Class II	Friday, Mar. 27th	7:00 pm
Class III	Friday, Apr. 24th	7:00 pm

**Cost of each class is \$12**

**Or you can sign up for all three classes for \$30**

**—Space is Limited—**

**RSVP Janet at 414-254-7889 or by email [janetg@wi.rr.com](mailto:janetg@wi.rr.com)**

## Class I: Thinking and Awareness

How do we define ourselves? What kind of life do we want? Our thinking has a dramatic affect on our health and the lives we create! Here we will discuss the meaning of this idea, as well as how we can become more aware of our self-talk, and increase positive thought for personal and physical health benefits.

## Class II: Are we toxic?

*Detoxing* is the starting point to good health. Learn how foods and what we feed our bodies can impact our health—for better or worse. Exercise and supplementation are also key factors to maintaining a healthy and independent lifestyle. What are specific nutrients and activities beneficial for those living with Multiple Sclerosis?

## Class III: Putting it together—Self Healing

Learn how Reiki can help you to heal physically and also increase your energy vibrations to attract the things and people you want into your life.



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*Living with M.S.* is presented by Janet Golownia; Certified Nutrition Counselor, Reiki Master, with Bachelors degree in MIS and Marketing. She is an expert in managing Multiple Sclerosis, as she has been doing so naturally for 24 years. In this series of three classes, Janet will share with you what she has learned through her personal journey.

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