

WARRIOR HEART: Moving Your Chronic Illness

**Skill-building & support groups designed
to put you in charge of your illness.**

Expertly led by KATHY WILMERING, MSW ARNP BC

March 11 - May 6

Chronic illness can seem like a stuck, heavy boulder; however, we can find ways to affect both the illness and our reactions to it. In 8 weekly meetings you will learn to use qi gong, sound and music, and other complementary approaches to reduce and often eliminate the troubling symptoms of a variety of chronic illnesses. Exact approaches will depend on the group's specific needs.

- * Decrease or eliminate pain and anxiety.**
- * Create a personalized daily plan for your particular situation.**
 - * Build confidence in your ability to heal yourself.**
 - * Increase your energy level.**
- * Be with others who really “get” what it is like to live with a chronic illness.**

Designed for people with:

- * Multiple sclerosis
- * Fibromyalgia
- * Other autoimmune diseases
- * Diabetes
- * Hypertension
- * Other chronic illnesses

When: Thursdays 6-8 pm

Where: Embrace The Moon
1716 NW Market St.
Seattle, WA 98107
(Wheelchair accessible)

Cost: **\$360 for 8 weeks**

**To register & for more information:
(206) 632-9522**

seachange3@comcast.net * www.kwilmering.com



For 28 years **Kathy** has helped people surprise themselves with self-healing. In addition to extensive experience as a facilitator, Kathy is certified in Qigong, Cross-cultural music & sound healing and other powerful energy-work modalities. From both her experience & her mastery, she blends the best of traditional approaches & inspiration to create a healing and transformative environment for change, growth & joy.