



2011 News and Notes

Volume 3, Issue 7, February 2011

SASS-Mokan would like to thank everyone who helped in our events of 2010. Your generosity as being a sponsor, donator or participant comforts many survivors in times of need. We would like to inform you of our events in the coming year. For more info on these listings, please email info@sass-mokan.com



Day Of Healing (February)

We are offering the following workshops to help spiritually and physically: words of comfort, meditation & yoga breathing, healing collages, aromatherapy. [For more information visit the Calendar](#) or see below.

2011 Save The Dates!

[Day Of Healing - 02-20-11](#)

[8th Annual Remembrance Walk
09-11-11](#)

[4th Annual Remembrance Service
11-20-11](#)

8th Annual Remembrance Walk (September)

The walk was started to help unite others who have experienced a loss of a loved one by a tragic death. Its purpose is to unite survivors and let them know they are not alone. [For more information visit the walk page](#)

SASS-Mokan Links

[SASS-Mokan Main Page](#)

[Area Support Groups](#)

[Calendar of Events](#)

[PDF Version of Newsletter](#)

4th Annual Remembrance Service (November)

Our remembrance service coincides with National Survivors Day. We celebrate the lives of those we have lost, discuss ways to handle grief, and share information and resources to help with the holidays. [For more information visit the remembrance page](#)

Day Of Healing Links

[Driving Directions](#)

[Information Page](#)

[Boulevard Yoga Studio](#)

[Facebook Event Share Link](#)

SASS-MoKAN invites you to a Day of Healing. As survivors, we forget to take good care of ourselves. Please join us on Sunday, February 20.



BOULEVARD
YOGA & HEALING ARTS

Location: Boulevard Yoga Studio
Address: 215 SW Boulevard Kansas City, MO 64108
(next to Manny's on the Boulevard)
(816) 889-9642 from 1:00-4:00 pm.

We are offering the following presentation/ information to help spiritually and physically: words of comfort, meditation & yoga breathing, healing collages, aromatherapy, music as comfort, journaling and body assessment.

Kindly let us know by Wednesday, February 16 if you will be joining us by calling (913) 681-3050 or e-mailing bonnie@sass-mokan.com

The secret of health for both mind and body is not to mourn for the past, not to worry about the future...but to live the present moment wisely and earnestly.
-- Siddhartha Gautama Buddha

To remove your name from our mailing list, please [click here](#).
Questions or comments? E-mail us at info@sass-mokan.com or call Mickey and Bonnie Swade - 913-681-3050

