

# me & you

## Singles

### #5002 A or B

#### What's Happening in Greater K.C. for Singles?

This class is for singles who want to know about singles groups, events and activities taking place in Kansas City. Convener is publisher of "Guide to Singles Groups in Kansas City," a directory of local singles groups. Material fee includes cost of the directory and other materials.

CONVENER: Don Davidson

CLASS FEE: \$9 + \$6 material fee = \$15

Sec. A: 1 session: Tuesday, February 13; 7:00 PM - 9:00 PM; Plaza Library, Room A, 48th & Main, KCMO; LIMIT: 25

Sec. B: 1 session: Tuesday, April 17; 7:00 PM - 9:00 PM; Plaza Library, Room A, 48th & Main, KCMO; LIMIT: 25

### #5101 A

#### Relationship Communication

Relationships getting you down? Come learn effective communication tips applicable to personal and professional settings. This is a terrific Valentine's Day gift to yourself...bring a friend. Learn common communication errors, how to fight fair and get what you need while increasing your self esteem in others. Great material applicable to personal and professional interactions. Please bring \$3 for handouts. Krista has been practicing since 1993, and has been in business since 1996. Her practice is centered around natural health and wellness from within.

CONVENER: Krista Eilers LMSW

E-mail: keilers99@hotmail.com

CLASS FEE: \$9

Sec. A: 1 session; Monday, February 5; 6:30 PM - 8:30 PM; Central Library, Rm. 310, 14 W. 10th St, KCMO, NE corner of Baltimore & 10th; LIMIT: 12

### #5102 A

#### Communication & Relationships Between the Sexes

Men and women have brains that have been programmed to operate differently. Learn to understand these differences and improve your relationships, from the bedroom to the office. Learn how to interrupt, how not to and why! Learn to celebrate our differences and enjoy the uniqueness of each other. Tape recorders are welcome. Please bring \$5 for materials to class. Additional books available for purchase.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, February 20; 7:00 PM - 9:00 PM; Royall Hall, Rm. 214, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

## Relationships

### #5201 A

#### Protecting Your Child With Special Needs, Protecting their Benefits

No matter what the age or disability, parents of children with special needs have many serious questions about how best to provide for their child's future well-being. We realize that you face unusually difficult planning decisions regarding the welfare of your child. The most important of those is probably how to provide for ongoing care after your death. If assets are not properly structured, government benefits could be lost and/or personal assets depleted. It is imperative to not only understand the salient issues, but to obtain legal and financial counsel with professionals who specialize in this intricate field.

CONVENER: Scott Adams (816-407-1004)

E-mail: sadams@specialneedskc.com

Web site: www.specialneedsvc.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, March 15; 6:00 PM - 8:00 PM; Haag Hall, Rm. 302, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 30

Save Time!  
Fill Out Your  
Registration Form  
On-Line  
[www.umkc.edu/commu](http://www.umkc.edu/commu)

### #5202 A

#### Nature Book Discussion Group

"Last Child in the Woods" by Richard Louv shows how children who have so much electronic entertainment and less unstructured time to play outdoors lead less healthy lives. Read the first quarter of the book and come see how nature can improve our wholistic health. Patty is a member of the Sierra Club and the Green Sanctuary committee.

CONVENER: Patty Brown (816-531-2131)

E-mail: lrd@allsoulskc.org

CLASS FEE: \$16

Sec. A: 4 sessions; Wednesdays, beginning January 31; 6:30 PM - 8:30 PM; All Souls Unitarian Universalist Church, 4501 Walnut, Grace Hill Library, Kansas City, MO (Main at 45th. Enter from parking lot); LIMIT: 20

## Self Development

### #5301 A

#### How to Run a Successful Private Practice for Therapists



There is nothing better than working for yourself. However, as therapists (either psychotherapists, massage therapists, physical therapists, etc), most of us don't have the first clue about running a business. In this class we will discuss all aspects of running a successful private practice. I am a licensed psychotherapist (LPC, LMHC and LMFT) and board certified clinical sexologist in private practice.

CONVENER: Michael DeMarco (816-591-2300)

E-mail: michael@mytherapist.info

Web site: www.mytherapist.info

CLASS FEE: \$16

Sec. A: 4 sessions; every other Thursday, beginning February 15; 7:00 PM - 9:00 PM; Plaza Library, Large Room, 48th & Main, KCMO; LIMIT: 30

### #5302 A or B

#### Two Heads are Better than One

Reach your full potential. Get better results through self-discovery. This course is multi-faceted. Not only will you be provided a free personality test retailed at \$79, but you will learn how to use the collective wisdom of a Mastermind group. Look for themes/patterns within your life that you would like to change if you are ready for "Earth shattering" results. Part of the class will occur via teleclass.

CONVENER: Tiffany Tokarz (515-491-1990)

CLASS FEE: \$16

Sec. A: 4 sessions; every other Tuesday, beginning February 6; 7:00 PM - 8:00 PM; Flarshelm Hall, Rm. 302, 5110 Rockhill Rd., UMKC Campus, KCMO, Rockhill Rd. south of 51st UMKC Campus; LIMIT: 10

Sec. B: 4 sessions; every other Wednesday, beginning February 7; 7:00 PM - 8:00 PM; Royall Hall, Rm. 305, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 10

### #5303 A

#### Learn Easier/Remember Longer

By understanding how the brain stores information, you can take better notes from books or lectures and retain what you learn. I will introduce you to the technique and provide a manual to help you develop it. Tape recorders are welcome. Bring \$17 for book and material fee to class.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, January 30; 7:00 PM - 9:00 PM; Haag Hall, Rm. 302, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

### #5304 A

#### Change Your Life By Learning to Reprogram Your Brain

Your brain is a biological computer, and you can only get out of it the programs that have been put in, mostly by others. Take over and start putting in programs that will help you achieve what you want from life. This is hands-on NLP. Tape recorders are encouraged. Bring \$25 fee for book and materials.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$16

Sec. A: 5 sessions; Tuesdays, beginning March 6; 7:00 PM - 9:00 PM; Haag Hall, Rm. 302, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#5305 A

**Make Your Emotions Work for You Instead of Against You**

Learn to take control of your emotions, using them as teachers and guides. They don't need to run you; you can run them. Tape recorders are welcome. Please bring \$2 material fee to class.

CONVENER: Jerry White (816-331-4715)

E-mail: [danceoflife@kc.rr.com](mailto:danceoflife@kc.rr.com)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, February 6; 7:00 PM - 9:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

**#5306 A or B Starting Over**

What is a Life Coach and how can one help you create the life you want by helping you reach your goals? Each class participant will receive an individual coaching session and a follow-up session. These sessions will be scheduled with the instructor the day of the class. Chuck Franks is a KC native who received his masters in counseling psychology at UMKC.

CONVENER: Chuck Franks (816-885-2526)

E-mail: [chuck@innerstrengthquest.com](mailto:chuck@innerstrengthquest.com)

Web site: [www.innerstrengthquest.com](http://www.innerstrengthquest.com)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, January 31; 9:45 AM - 11:45 AM; Royall Hall, Rm. 204, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

Sec. B: 1 session; Friday, April 20; 2:00 PM - 4:00 PM; Royall Hall, Rm. 214, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

#5307 A

**Introduction to Life Coaching**

This course is informative and experiential. Participants will be encouraged to work on at least one personal or professional goal within the group setting. Coaching exercises and tools will be explored and resources pertaining to life coaching will be given out to help participants further their learning. Participants will learn a brief history of the life coaching profession, what to expect from the experience of working with a life coach, and how to choose a coach that fits their needs.

CONVENER: Amanda Nogle (913-523-5655)

E-mail: [amanda@myfuturefocus.com](mailto:amanda@myfuturefocus.com)

CLASS FEE: \$15

Sec. A: 3 sessions; Mondays, beginning March 12; 6:00 PM - 7:00 PM; Northeast Library, Rm. B, 6000 Wilson Rd., KCMO, Independence Ave. East, several blocks past Van Brunt but before railroad underpass, Take left on Wilson - go past Price Chopper and strip mall, Library on left; LIMIT: 5

#5308 A or B

**"Ask and It Is Given," Abraham Hicks**

Join with other people who are interested in discussing the exciting teachings of Abraham Hicks. These teachings are designed to help us remember our true identity as eternal creators who have come here for the joy of creating our own experience. Come to share or ask questions about a new way of accessing your own inner knowing so you create what you want and stop creating what you don't want!

CONVENER: Barbara Heckathorn (816-756-2648)

E-mail: [barbaraheckathorn@hotmail.com](mailto:barbaraheckathorn@hotmail.com)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, February 14;

Sec. B: 1 session; Wednesday, March 14;

MEETS: 7:00 PM - 8:30 PM; 3611 Wyoming #1, KCMO; LIMIT: 12

#5309 A

**Advanced Happiness (NLP)**

Would you like to live in a permanent state of worth, inner peace and joy? At work? In your personal life? Come to this class and walk out living in one or more of your core states. Tape recorders welcome. \$25 material fee includes book.

CONVENER: Jerry White (816-331-4715)

E-mail: [danceoflife@kc.rr.com](mailto:danceoflife@kc.rr.com)

CLASS FEE: \$14

Sec. A: 2 sessions; Tuesdays, beginning April 10; 7:00 PM - 9:00 PM; Haag Hall, Rm. 302, 52nd & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

**Self Healing**

#5401 A

**EFT—Emotional Freedom Techniques**

Learn this amazing new technique to eliminate the stress, worry and blocks to your success. In this introductory class, the history, the premise and the theory behind EFT will be explained. EFT is very effective in dealing with stress related to learning blocks, relationships, unwanted behaviors, decision making and goal achievement. Bring \$3 for materials

CONVENER: Junda Fuehrer (816-767-0755)

E-mail: [junda@kc.rr.com](mailto:junda@kc.rr.com)

CLASS FEE: \$16

Sec. A: 4 sessions; Mondays, beginning January 22; 7:00 PM - 9:00 PM; Royall Hall, Rm. 204, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

#5402 A

**Sacred Sound Circle**

In this sound circle we will utilize chanting, toning and group improvisational soundwork to free the voice and uplift the spirit.

CONVENER: Debbie Borel (816-966-9659)

E-mail: [deborel@sbcglobal.net](mailto:deborel@sbcglobal.net)

CLASS FEE: \$9

Sec. A: 1 session; Saturday, January 27; 7:00 PM - 8:15 PM; Yoga Barn, 4300 E. 113th St., KCMO (71 south to Red Bridge, west to Greenbriar); LIMIT: 10

**Parenting**

#5501 A or B

**Appreciative Loving**

How do some individuals in relationship with others find and keep the bond that holds them together? This class is an exploration of what truly works in relationships. Chuck has a masters in Counseling Psychology from UMKC and is an Executive Coach specializing in peak performance and relationship enhancement coaching. Each class participant will receive a free individual coaching session as a follow up to the class.

CONVENER: Chuck Franks (816-885-2526)

E-mail: [chuck@innerstrengthquest.com](mailto:chuck@innerstrengthquest.com)

Web site: [www.innerstrengthquest.com](http://www.innerstrengthquest.com)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, February 21; 10:00 AM - 12:00 PM;

Sec. B: 1 session; Thursday, April 26; 7:00 PM - 9:00 PM;

MEETS: Royall Hall, Rm. 204, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 12

**LOOKING FOR A THERAPIST ON YOUR WAVELENGTH?**

**Barbara Heckathorn, MSW**  
3611 Wyoming, 816-756-2648

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For More Information

# COMMUNIVERSITY Wholistic Health Fair

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- Silent Auction
- **FREE** Expo  
60 Exhibitors
- KKFI Psychics



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11 AM - 6 PM

University Center,  
50th & Rockhill Rd. at UMKC

Booths are still available for the fair  
Call 816-235-1448 for Info

Meditation is the tongue of the soul and the language of our spirit~Jeremy Taylor



*St. Michael and the Dragon  
Symbol of the Inner Rebellion*

## THE REBELLION STARTS WITHIN

There is Superior and Inner Knowledge that we have ignored throughout the ages. If we put our mind and heart to discover this *knowledge* within, we will discover the purpose of our existence.

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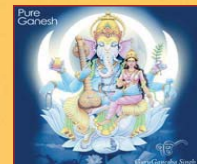
## Celebrate Peace Events with Snatam Kaur, GuruGanesha Singh and Krishan:

Community Christian Church  
4601 Main St., KCMO  
**Celebrate Peace Concert**  
Sunday, Feb. 18, 7 - 9PM  
Sanctuary

**Inner Peace through  
Yoga and Chanting**  
Monday, Feb. 19, 7 - 9PM  
Centennial Room

Tickets for both:  
\$20 advance / \$25 door  
3HO Kundalini Yoga Center  
3525 Walnut St., KCMO  
Children 12 & under are free!

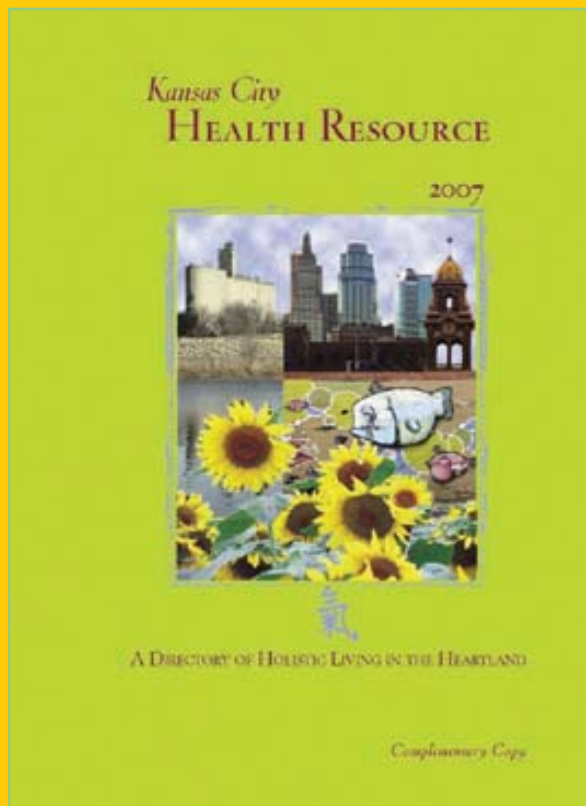
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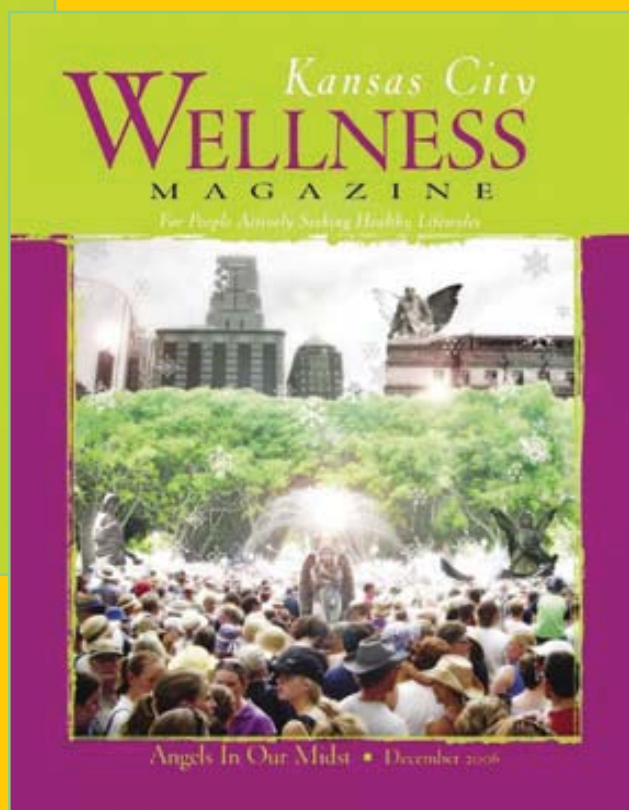
# KANSAS CITY WELLNESS MAGAZINE

## KANSAS CITY HEALTH RESOURCE

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**Jeanette Schoenlaub-Jackson**

Publisher • Editor • Ad Sales Manager

**816.936.0126**

[Jeanette@kcwellnessmagazine.com](mailto:Jeanette@kcwellnessmagazine.com)

**Adam Carter**

Account Representative

**816.936.0125**

cell: 816.341.2323

[hearclr@yahoo.com](mailto:hearclr@yahoo.com)

**Bobbi Studstill**

Art Director

Production Editor

**785.550.3778**

[cobaltika@sunflower.com](mailto:cobaltika@sunflower.com)

**Melissa Burnett**

Account Representative

**816.936.0126**

cell: 816.351.2268

[melissakcw@hotmail.com](mailto:melissakcw@hotmail.com)