



**National  
Multiple Sclerosis  
Society**

Colorado Chapter

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**WHAT:** Restore your strength, renew your courage and create a clear path toward life changes by joining **Dr. Audrey Boxwell at *Refresh, Renew: Balancing Your Life Wellness Weekend***, presented by the Colorado Chapter of the National MS Society.

Don't miss this once in a lifetime opportunity! Only a few spaces left! Be refreshed, inspired and learn how to balance your lifestyle while experiencing a world class chateau-style resort in our majestic Rocky Mountains. Practical workshops led by wellness experts will help you put together your own individual wellness plans.

**WHEN:** October 10 – 12, 2009

Join Dr. Boxwell, a nationally recognized expert who focuses on the power of the mind to heal, on Sunday, October 11 from 9:30 to 10:30 a.m. to reconnect with yourself through hiking meditation that reduces stress and brings about change. You will feel calmer and be able to think more clearly.

**WHERE:** Park Hyatt Beaver Creek Resort

**COST:** Your package includes amenities such as a state of the art fitness center and the Aqua Sanitas pools. The actual value of this weekend package is \$365 per person, but thanks to our sponsors, we are able to offer this program at the reduced fee of \$265 per person. This cost includes hotel accommodations, educational programs, amenities, and meals, excluding dinner on October 11. Spa services are available at a 20% discount.

**RESERVATIONS:** Register by call 800-344-4867.

## **MORE**

**INFORMATION:** [www.cureMScolorado.org](http://www.cureMScolorado.org) or call Melinda Jerger at 303-698-5411 or [www.psychehike.net](http://www.psychehike.net).

### ***About the Colorado Chapter of the National Multiple Sclerosis (MS) Society***

*The Colorado Chapter of the National MS Society was founded in 1959 and provides comprehensive programs and advocacy statewide to assist and empower more than 72,000 Coloradans affected by MS annually. The Colorado Chapter is also a driving force of research for the prevention, treatment and cure of MS and contributes funds to support 440 National MS Society research projects worldwide – eight of which are located in Colorado. The Chapter has offices in Denver, Fort Collins, Colorado Springs and Grand Junction serving the Colorado community.*