

January 2010

Dear Myositis Friends,

I would like to let you know that Christine Magett and Jean Nolan are your KIT (Keep In Touch) leaders for a large part of Missouri and Southern Illinois. We are not born leaders but a bundle of support. Please have patience with us as we begin our first year as KIT leaders. Jean and I (Christine) both live in Belleville IL. We are hoping that we can provide support, answers, and bright smiles.

We know it is not easy and although some maybe doing well on treatment, others are struggling to get their lives back. Jean and I are no experts and there was a time when we battled many challenges. I can remember being paralyzed for six months before they knew the diagnosis. Jean has a story to tell as well. Having someone to talk with and sharing thoughts and concerns with others in the same condition can relieve a lot of distress. In the beginning of my condition, I felt like I was the only one in this world who has polymyositis. I learned that I wasn't the only one with this disease. I realized when I accepted the change, I began to change and now I see life beautifully.

Jean and I will have quarterly meetings that will be held in the St Louis area. We will try to have the meetings at locations that can accommodate most. Our next KIT meeting will be 10 April 2010, from 1:00-4:00pm. A special speaker will present a dynamic topic that will have you on the edge of your seats and questions are welcome!!!! We will also have the President of "The Myositis Association", Mr. Bob Goldberg who will be attending. This is a meeting you do not want to miss!!!! Come out, meet and greet and enjoy a wonderful moment with new friends!!!!

Snacks/sodas/water will be served!!!!!!!

Everyone is welcomed!

RSVP!!!!

Please let us know if you plan to attend or cannot make it. Directions attached.

Hope to hear back from each of you!

Your Leader,

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