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JANUARY RECAP

Last month, 28 members joined us at [Brazenhead Irish Pub](#) for a great presentation from Betty Hakes from [Gourmet Betty](#).

Betty shared some recipes and secrets for quick and easy healthy eating. You rated Betty's presentation very highly for her knowledge, style, and ability to convey important information. Nearly everyone fully appreciated the topic and its applicability to your lives.

Quick Links

[Our Website](#)
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NEED A LITTLE HELP?

We've established partnerships with community organizations that can help people affected by MS to belong to MSLB and address other issues or problems in their lives.

If you, or someone

FEBRUARY 2009

Greetings!

February--the month of love--is one of my favorites. I hope Valentine's Day is as special to you as all of you in MSLB are to me. MSLB and Valentines Day both symbolize love.....something that we all need and something I feel when I look into my heart and see reflections of you who have supported the MSLB over the past 7 years.

In '09, I hope that your support continues as we look forward to our new style of luncheons by having smaller groups and meeting in restaurants, which really takes us back to our beginnings, and something we found out you wanted through your participating in our surveys.

Many of you will be given the opportunity to renew your membership this month and it is our hope that you will. The topic this month promises to be very enlightening. We hope to see you there!

Sharon Roll
MSLB Cincinnati Hostess & Founder

FEBRUARY LUNCH!

Date: Thurs, Feb 19, 2009
11:00 am to 1:00 pm
(doors open at 10:40)

Location: Brazenhead Pub, Mason Ohio

Presentation: The Keys to a Positive Life

Brought to you by: On The Air Entertainment



Agenda: J.D. Hughes is a Cincinnati radio veteran with over 30 years experience. He is currently an on-air personality for Cincinnati's Family Friendly, WARM 98.5 FM as well as for Cincinnati's Greatest Hits WGRR 103.5 FM.

JD is also a Certified Marriage and Family Counselor. Like many others, when JD was diagnosed with MS and Transverse Myelitis, he struggled personally and professionally. But his positive approach and keen personal insight allowed him to reset his goals and keep tackling life head-on. Please join us for lunch, when JD will share with us his perspective on The

you know, wants to belong to MSLB but can't afford membership dues can request a membership grant from our partners. [Just send a quick email.](#)

Keys to a Positive Life.

Food Options: The Brazenhead Irish Pub will open at 10:30 and make their lunch menu available. You can purchase lunch if you wish. They offer a wide variety of pub fare including "healthy options" for under \$10. Check out the menu here: http://www.thebrazenhead.com/lunch_print.pdf

The staff has agreed to provide seperate checks for everyone.
There's no pressure, no mandatories, no minimums.

REGISTER NOW ! >

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MS Lunch Bunch | P.O. Box 498793 | Cincinnati | OH | 45249