



## WORKSHOPS

Mii amo

# Change Your Story

Presented by Kimball Walker

**3:00 – 4:30 pm**  
**Mii amo Library**

If we let them, our stories can define us and limit our healing – by definition, isn't a story a limited experience? Wouldn't you like your story to support you and help you to heal both body and soul? If you are aiming to be your best self, then looking at what you believe to be true is the next step. By understanding our unique underlying beliefs, we illuminate what holds us back from healing, growing and becoming who we were meant to be. You may be surprised that what you have always thought of as “the facts” of your life are actually age-old perceptions that hold no truth.

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## ABOUT THE PRESENTER

**Kimball Walker** teaches about healing physically and emotionally through finding the truth in the mind/body connection, taking responsibility for your own happiness and releasing unwanted limitations. In her work as a counselor and trainer, she brings awareness to the thoughts and beliefs that prohibit health and growth to show you that your Best Self is always available, it only needs to be uncovered. She is the author of the book *“Lessons Earned – Cancer as a Catalyst”*.