

The Gift of Grief Summer Series: Coping with Loss Mind, Body, Spirit

Three Session Series:

Session 1: Quieting the Mind: Guided Meditation & Aromatherapy

Session 2: The Dance of Grief: Creative Movement and Music

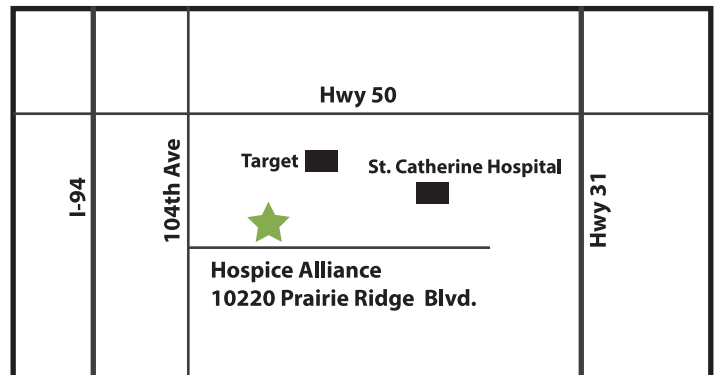
Session 3: Who Am I Now? Reclaiming Self After a Loss

Tuesdays: July 21st, 28th & August 4th
5:30 pm to 7:00 pm

Attend one session or all three
No experience necessary.

Call Kam at 262.652.4482 ext. 1257
for more info or to reserve your place.

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