

Staying Healthy Through Grief and Loss

*...among Friends who
Understand...*



Peter "Skip" Urban, Supervisor

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Grief effects each of us differently. Please join us each month as we explore positive ways of staying healthy while caring for, or after experiencing the loss of a loved one. Spend an hour with friends who understand the journey. Your good health is a gift to your loved one. Mindful Meditation, Stretch and Balance Exercises, Diet and Nutrition are among the many topics to be explored.

Facilitator:

Jane Pedicone, MS

Nutritionist, Certified Fitness Professional

Hosted by the

Urban Funeral Home

1111 S. Bethlehem Pike

Ambler, PA 19002

Monthly 7:00—8:00 PM (Sept-May)

(our doors will be open at 6:30, workshop will begin promptly at 7:00)

Bring a friend!

Interested? Please call Dolores at 215-646-8556

DATES

September 12, 2017

October 3, 2017

November 7, 2017

December 5, 2017

January 2, 2018

February 6, 2018

March 6, 2018

April 3, 2018

May 1, 2018