

# *Healthy Grief Support for Caregivers and the Bereaved*



**Facilitator: Jane Pedicone, MS, Nutritionist, Certified Fitness Professional**

Sponsored by



**1111 S. Bethlehem Pike Ambler, PA 19002**

**215-646-8556**

First Tuesday, Monthly 7:00-8:00 PM (October-May)

(Exception: Jan. 8, 2019) (Door is open at 6:30 PM)

For additional information contact Dolores

[Dolores@UrbanFuneralHome.com](mailto:Dolores@UrbanFuneralHome.com)



Learn skills and tools among friends that understand your journey.  
Your good health is a gift to you, your loved one and your family.  
Mindful Meditation, Stretch and Balance Exercises, Diet and Nutrition  
are among the many topics to be explored.