

Healthy Grief & Self Care Support for Caregivers and the Bereaved



**Masks & Safe
Social Distancing
Will be required.**

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

Sponsored by



Peter "Skip" Urban, Supervisor

1111 S. Bethlehem Pike Ambler, PA 19002

215-646-8556

Dolores@UrbanFuneralHome.com

First Tuesday, Monthly 7:00-8:00 PM

(September 1, 2020 -June 1, 2021)

(Doors open at 6:30 PM)

RSVP call or email is appreciated.



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, and Nutrition are among the many topics to be explored.