

# *Healthy Grief & Self Care Support for Caregivers and the Bereaved*



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

Sponsored by



Peter "Skip" Urban, Supervisor

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

**(Doors open at 6:30 PM)**

**An 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.