



# GRIEVE AND HEAL

## GRIEF SUPPORT GROUP

BEGINNING SEPTEMBER 11, 2023 FOR 11 WEEKS

EVERY MONDAY 5:00 PM - 6:30 PM

### ABOUT THIS CLASS

Based on curriculum developed by Dr. Alan Wolfelt and the Center for Loss & Life Transition

*Prescreening required.*

There are optional "Mourning with Movement" yoga classes offered at Ascend Freedom Fitness, starting September 12, 2023 every Tuesday from 6:30-7:30 pm for 11 weeks.

**CLASS PRESENTED BY:**

Wendy Gauntner

**FOLLOW THE QR CODE  
TO VISIT OUR WEBSITE!**



Campbell County Health

HOSPICE

FOR MORE INFORMATION PLEASE CONTACT  
WENDY GAUNTNER AT: 307-688-6230 OR  
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