

MERCYONE



# R.E.L.I.S.H. grief support group

R.E.L.I.S.H.: Relax ... Eat ... Laugh ... Interact ... Support ... Heal ...

Come join friends for a meal out on the town to relax and socialize with other people who have gone through the death of a loved one. Every fourth Monday of the month, we go to a different restaurant in Newton to be together and share life with one another.

## February

Feb. 24 at 5 p.m.  
Okoboji Grill • 1425 W. 19th St. S.

## March

March 23 at 5 p.m.  
Pizza Ranch  
1500 W. 18th St. S.

## April

April 27 at 5 p.m.  
Hy-Vee Market Grille  
1501 1st Ave. E.

## May

May 18 (3rd Monday) at 5 p.m.  
Perkins • I-80 and Hwy. 14

## June

June 22 at 5 p.m.  
Sombrero's • 1130 1st Ave. E.

## July

July 27 at 5 p.m.  
Montana Mike's • Hwy. 14 & I-80

## August

Aug. 24 at 5 p.m.  
La Cabana • 2617 1st Ave. E. #8

## September

Sept. 28 at 5 p.m.  
Pizza Ranch • 1500 W. 18th St. S.

## October

Oct. 26 at 5 p.m.  
Newton Family Restaurant  
2426 1st Ave E.

## November

Nov. 16 (third Monday) at 5 p.m.  
Hy-Vee Market Grille  
1501 1st Ave. E.

## December

Dec. 21 (third Monday) at 5 p.m.  
Perkins • I-80 & Hwy. 14

For information regarding these groups,  
contact Natalie Lee, MercyOne Des Moines Hospice Bereavement Coordinator,  
at 515-643-8400 or at [natallee@mercydesmoines.org](mailto:natallee@mercydesmoines.org).

For weather-related cancellations, tune your radio to KCOB at 1280 AM or 95.9FM.