

# WALKING THROUGH GRIEF

*A UnityPoint Hospice Walking Support Group*

Sometimes the best way to dissipate sorrow, even for brief moments, is to get moving. We realize that nothing can minimize the pain, but being in the fresh air, walking and talking with a few others who are experiencing similar loss can be balm to the broken pieces of your heart.

We will meet at the Prospect Park pavilion in Moline for a leisurely walk around the pond or a more vigorous effort up and down the hills. This time is about you and will be designed to fit your needs.

Come and check it out. Since it is impossible to run away or hide from grief, just show up at the park and we will walk through the grief together.

*2<sup>nd</sup> and 4<sup>th</sup> THURSDAYS @ 9:00 AM*

Prospect Park Pavilion

Park 16<sup>th</sup> Street and 30<sup>th</sup> Avenue, Moline

Please call Mary Jo at UnityPoint Hospice to register

309-207-0723



UnityPoint at Home