



***Walking Together* Through Life's Losses:**

An easy-paced 6 week Walking Group for People Grieving a Loss

Start Date: Thursday May 14, 2015

Start Time: 1:30pm

Location: Participants will meet at the Health Sciences Centre, St. John's

These casual paced walks will be of a variety of routes and lengths to meet everyone's needs. Each week the walk will conclude with refreshments and a time to chat.

For more information or to register, please contact Jacintha Penney or Paul Grimes at 777-6959 or Jacintha.Penney@easternhealth.ca or Paul.Grimes@easternhealth.ca