



# WELLNESS *in* GRIEF

A UNIQUE WELLNESS SERIES TO SUPPORT GRIEVING HEARTS



## FREE WELLNESS EVENT

Join us for Wellness in Grief, a series of activities thoughtfully designed for those navigating through grief. Through walking, meditation, yoga or doing other activities together, we will provide you with a safe and supportive environment to slow down, be present, and process your grief with others who are also experiencing loss and heartache.

### **A Walk For Those Who Shaped Us**

SUNDAY, MAY 31 | 9-10 AM

Meeting Location: Mortuary Building Lobby

FOREST LAWN – GLENDALE

1712 South Glendale Ave. Glendale, CA 91205

For more information or to RSVP, please call 323-340-4902 or email [WeCare@forestlawn.com](mailto:WeCare@forestlawn.com)

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