

Living Fully Now

Every Tuesday
Starting March 14, 2017
10:00 a.m. - Noon including lunch

BELLEFONTE SENIOR RESOURCE CENTER
110 N. Spring Street
Bellefonte, PA 16823

Facilitator: Jackie Hook, MA
Helping Grieving Hearts Heal
Spiritual Director and Celebrant

Guest Speakers will include: Holly Reigh, LPN
Nurse Liaison
Grane Hospice

Dave Thomas
Chaplain
Grane Hospice

You are invited to learn about **Living Fully Now** by attending to issues surrounding death and dying. Topics include: myths and perceptions, what happens as we die, bucket lists, eulogies, companioning ourselves and others through grief, and many more. You're encouraged but not required to attend all sessions. Please join us for these free gatherings.

RSVP to Vickey at 355-6720 by Friday the week before the class.

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