



**Widowed Gathering
“A Day of Healing through
Art, Rhythm and Sacred
Sound”**

January 16, 2016

11:30 am to 4:00 pm

**TULA Yoga
99 Snelling Avenue North
St. Paul, Minnesota**

Join us for a day of
companionship and support.
We will meet to renew, learn,
and connect with other
widowed people.



Program Details

- The event program is **“Healing through Art, Rhythm & Sacred Sound”**
- Led by Cheri Bunker. Certified Health Rhythms Facilitator.
- We will learn a variety of new tools to help mend and strengthen our hearts..
- **The event is free.** Pre-registration required.
- **To reserve your place at the gathering visit our website**

www.griefproject.org.



The Gathering

- Small and intimate, personal touch, personal attention.
- Food, laughter, sharing and new friendships.
- Inspiring Speakers
- Organized by widowed men & women who are here to be a resource to you.
- Step out of your regular routine & relax with us.

Our Mission: To companion the bereaved as they discover new life after loss and to share our common journey.