

Bereavement Walking Programme Winter Start

Description:

The Bereavement Walking Programme is a time to walk and talk, at a relaxed pace, with others who are grieving; to share ideas and support, and benefit from some fresh air and exercise. Joining in on the walk are trained hospice volunteers. The group gathers and walks for about an hour at a casual pace, wrapping up with a stop for coffee and continued conversation.

We stroll together, rain or shine, for 8 mornings either Wednesdays or Saturdays

Starting January 28th or 31st, 2009.

Meet at the Planetarium, in front of the crab sculpture

1100 Chestnut Street (Parking is free)

Gathering Time: 9:45 am.

Dress warmly. Walk

Begins at 10 am sharp

PRE-REGISTER please
by contacting either:

Sharon Harowitz (604) 731-8643
sharowitz@shaw.ca

Sue Wong
(604) 731-7805
adwong@telus.net
Country: Province
Region: BC
City: Vancouver

Website: <http://www.vancouverhospice.org>