

# Healing Hearts Coffee Hour

at Cedar Valley

2017

Second Thursday of the Month  
Beginning at 9:00 a.m.



January 12  
February 9  
March 9  
April 13  
May 11  
June 8

July 13  
August 10  
September 14  
October 12  
November 9  
December 14

Join Judy Koepl, grief therapist and co-founder/director of the Center for Life and Loss Integration in Madison and Cedar Valley, and others who have recently lost loved ones, as we begin the journey of healing in mind, body and spirit.

- ❖ Join others facing the same issues for support and solace
- ❖ Discuss coping with the pain and grief of losing a loved one
- ❖ Share stories of your loved one
- ❖ Find ways to heal and recover

The Coffee Hours are free and open to the public.

We do request that you R.S.V.P in order for us to know how many will be attending.

To join us for any given date please contact Cedar Valley at 262-629-9202.



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