

Have you experienced loss through the death of a loved one or friend?

Healing the Grieving Heart

An Adult Grief Support Program

The program consists of six sessions held on consecutive Monday evenings.

The topics discussed include:

- ≈ understanding your grief
- ≈ understanding others' reaction to your grief
- ≈ reconstructing your life
- ≈ and experiencing life anew

OUR NEXT SESSION BEGINS

February 20, 2012

thru

March 26, 2012

6:30 p.m.

Hospital Auditorium

* Preregistration is Required *

Call St. Anthony's Community Relations

217-347-1529

or visit our web site at

www.stanthonyshospital.org



St. Anthony's
Memorial Hospital

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM