



# Hospice Summer Walking Group

Staying physically active when grieving a loss can be hard. You may feel drained and lack motivation.

But being active may be one of the best things you can do for yourself. Moving your body helps you move through your emotions.

You are invited to share some of your grief experience, or simply enjoy nature and the companionship of others as we walk at an easy pace in groups of twos and threes with trained Hospice volunteers around the Millennium Trail.

*"Its nice to feel free to weave the sorrow with the regular conversations and meet new people."*

*I would absolutely recommend this walking group to others who are grieving."*

*Past Participant*

**Mondays**  
**July 10 & August 7**  
**6:30 to 8:00 pm**  
**To register: 667-7429**

[www.hospiceyukon.net](http://www.hospiceyukon.net)

