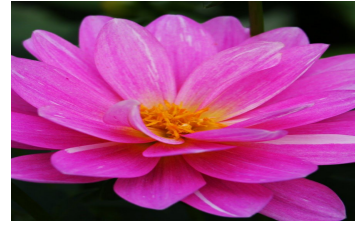


Widow Wellness Workshop



Are you a widow who is looking to find her tribe? Well, look no further!

Widows of all ages encouraged, as we all bring something special to the group!

This is not a support group; we do not focus on how to get over the grief, but rather focus on community, health and wellness, which ultimately encourages our healing.

These are semi-structured gatherings, offering information, reflection, and comradery. In addition, we always have a spotlight speaker sprinkling in some education on healthy therapies which can be beneficial to our healing.

This month's guest speaker will be Tracy Gannaway, owner of Encore Fitness. She has an amazing testimony and will be speaking on how physical health is helpful in our healing process.

I keep these workshops small to provide ultimate comfort, and to promote connection, collaboration, and support, and to help you know, you are not alone!

Date: Saturday, June 1

Time: 10am-12pm

Location: Encore Fitness, 365 Ferry St, Salem OR 97301

PRE-REGISTRATION IS REQUIRED by 5/30/19! There is a **\$29 fee** for this event. For more information, or to reserve your spot, please call Kelli Monaghan at 503-830-3221.