

Alberta Healthy Living Program

HEALTH EDUCATION CLASSES



Managing Grief Over the Holidays

There are many ways that grief shows up after losing a loved one and it affects daily life. Learn about how to take care of yourself while grieving, and how to best help someone who is grieving. Come hear the experiences of volunteers from the Grief Support Program and what helped them.

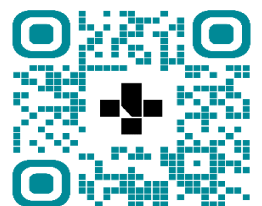
No Registration needed, come join us at:

Shawnessy Library

on December 14th from 2:00 – 4:00 p.m.

For more information or to register for virtual classes:

- Call 1-844-527-1160;
- Visit ahs.ca/ahlp; or
- Scan the QR code



**Alberta Health
Services**

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