

Walking the Grief Journey

Grief ebbs and flows. It is a constant dance from sorrow to joy, pain and sweet love, and many lessons to learn something new about ourselves. Today is an opportunity to try out a stretch, walk, other activities and talk story.

Life Is Art

Be who you are—beautiful, magical.
Be yourself—a work of art.

Date: Saturday, April 27, 2019

Costs: Early registration \$25
\$30 after April 15, 2019
includes art supplies

Place: Arts at Marks Garage
1159 Nuuanu Avenue

Registration Form

limited to 45 participants

Name _____

Address _____

City/State/Zip _____

Phone (day) _____

Email _____

Amount _____

Check payable to: Creative Arts Experience
Mail registration form and check to
Grief Workshop, c/o Louis Pohl Gallery
1142 Bethel St., Honolulu, HI 96813

A line is a dot that
went for a walk
Paul Klee



Grief Workshop

- 8:45 Registration
- 9:00 Welcome
Felicia Marquez-Wong, LSW, CT
- 9:15 Body & Brain Yoga Tai Chi
Karen Hirai
- 9:45 Sharing Words, Healing Together
June Sandrich, MA
- 10:15 Creative Arts Activities
- 11:30 Reflection
Charlie Chong
- 11:45 Fellowship
Mahalo for coming.



Find Your Center

There are many ways to walk
the labyrinth, ways unique as
each person who comes to
walk.

Best Parking: Municipal parking lots \$3 all day Saturday

Collaborators

Hawaii Donor Family Council
Creative Arts Experience

Sponsors

Hawaii Lions Eye Bank and Makana Foundation
Legacy of Life Hawaii
National Kidney Foundation of Hawaii
Queen Liliuokalani Children's Center

For more information call Sandy Pohl at 808 226-4787
email: louisphlgallery@gmail.com

Felicia Marquez-Wong: feliciamw808@gmail.com