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.



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:

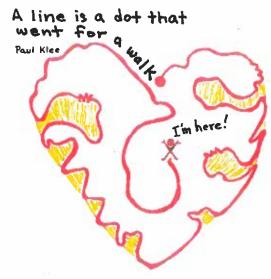
Arts at Marks Garage 1159 Nuuanu Avenue

Registration Form

limited to 45 participants

Name
Address
City/State/Zip
Phone (day)
Email
Amount
Check paughle to Creative Arts Experience

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



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.



<u>Find Your Center</u>

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

<u>Collaborators</u> Hawaii Donor Pamily Council Creative Arts Experience

<u>Sponsors</u> 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: louispohlgallery@gmail.com Felicia Marquez-Wong: feliciamw808@gmail.com