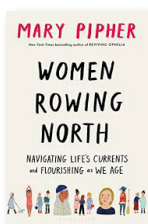


RESILIENCE BOOK CIRCLE

*The Book Circle is sponsored by Halcyon Hospice and is **FREE**.*

Experiencing Loss from the Death of a Loved One or Challenging Life Event?

June 27

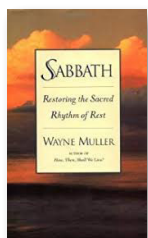


Women Rowing North: *Navigating Life's Currents and Flourishing as We Age*

by Mary Pipher

Women growing older contend with ageism, misogyny, and loss. Yet as Mary Pipher shows, most older women are deeply happy and filled with gratitude for the gifts of life. Their struggles help them grow into the authentic, empathetic, and wise people they have always wanted to be. "If we can keep our wits about us, think clearly, and manage our emotions skillfully," Pipher writes, "we will experience a joyous time of our lives. If we have planned carefully and packed properly, if we have good maps and guides, the journey can be transcendent."

July 25

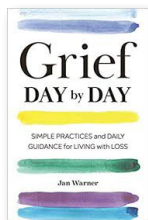


Sabbath: Restoring the Sacred Rhythm of Rest

by Wayne Muller

It has become our standard greeting: "I'm so busy." Now, in a book that offers help to heal our harried lives, the author shows us how to create a special time of rest, delight, and renewal—a refuge for our souls. Our relentless emphasis on success and productivity has become a form of violence, Muller says. We have lost the necessary rhythm of life, the balance between effort and rest, doing and not doing. With wonderful stories, poems, and suggestions for practice, Muller offers ways to use this time of sacred rest to refresh our bodies and minds, restore our creativity, and regain our birthright of inner happiness.

August 29



Grief Day by Day: *Simple Practices and Daily Guidance for Living with Loss*

by Jan Warner

Grief is complex. It is ever changing and may come to us differently on any given day. *Grief Day by Day* offers reflections and practices that address the day-to-day feelings that accompany the ever changing process of grief. In *Grief Day by Day*, Jan Warner draws on her own extensive experience and the experiences of the 2 million followers on her Grief Speaks Out Facebook page to offer hope in its most practical form. This book does not look to offer a solution to grief. Rather, it provides supportive, useful guidance to help you create a life in which peace, and even gratitude, can coexist with your grief.

WHEN? 1:00 – 2:30 P.M. ON THURSDAYS • JUNE 27, JULY 25, AND AUGUST 29, 2019

WHERE? FRONT RANGE BUSINESS CENTER • 1635 FOXTRAIL DRIVE, LOVELAND
(Next to Centerra Outlets, off Rt. 34 in Loveland)

Please join us. You do not need to have read the book to attend!

(You supply your own book – bookstore, internet, or library.)



The group is guided by Georgia Robertson, a counselor for Halcyon Hospice specializing in grief and loss. She is a licensed professional counselor and grief specialist. The book circle provides an understanding and accepting group to help successfully build resilience and better coping skills.

CALL: Georgia Robertson at (720) 584-1581 to enroll or with questions.