



Bereavement Walking Program

For those who have suffered the loss of a loved one.

Gather with others who are experiencing grief to walk, talk, and offer support while receiving fresh air & gentle exercise.

Facilitated by trained hospice volunteers.



8-week sessions are held in the spring, fall & winter on Wednesday or Saturday mornings.

Groups meet at the Planetarium/Museum of Vancouver.

Next sessions start on Wed, Sept 9th and Sat, Sept 12th 2020.

(Walkers may join at any time. Attendance at all walks is not required).

Please bring a mask & practice physical distancing

No charge to participate: **Registration & COVID health screenings required.**

For information or to register contact:

Wednesday Group: Sue Wong at 604-731-7805

Saturday Group: Maggie Campbell at 604-602-9068

**Please contact either group if unsure of which day you're interested in.*