



UNC Medical Center invites you to :

Grief Awareness Day

Tuesday, November 4, 2014

9:00 am-4:00 pm

Women's Hospital Lobby

UNC Medical Center's Bereavement Support Services sponsors this day to express solidarity with those who are grieving and to provide education and support.

Add a leaf to the **Tree of Life** in honor of someone.

Walk the labyrinth, a tool for meditation and healing.

Find **information and resources** for bereavement and loss.

Share your stories with others who grieve.

Attend a reading by **Writing for Caregivers** participants at 3:00 in Comprehensive Cancer Resource Center

No registration is required. Questions? Contact Heidi Gessner at 966-0716 or heidi.gessner@unchealth.unc.edu.