



## Mindful Mondays: Grief & Resilience

Grief can sometimes be overwhelming, and nature is a great means to break the cycle of stressors. Please join Northern Illinois Hospice as we explore the grief in our lives and experience new ways to grow through our grief and loss stories. Resilience is our ability to 'bounce back' after difficult situations. We will learn and practice mindful meditation as a means to build up our personal, and communal, resilience.

**Mondays, September 14, 21, & 28  
October 5, 12, 19, & 26**

**10:30 a.m. - Noon**

**Anderson Japanese Gardens  
318 Spring Creek Road  
Rockford, IL 61107**

Registration is required. Call 779.774.9820 to register and learn more.  
Space is limited. Bring your mask. We will be social distancing.  
Please dress for the weather — held rain or shine.

A COLLABORATION BETWEEN

