



# MAPLE HILL

## SENIOR LIVING

**Maple Hill Senior Living invites you to join us as  
Mitch Carmody presents: HOPE for the Holidays and Beyond!**

**Date:** Thursday, November 29, 2018

**Time:** 3:30 PM - 5:00 PM

**Place:** 3030 Southlawn Drive  
Maplewood, MN 55109

Please visit our community for an afternoon discussion regarding proactive grieving. Participants will find common bonds and advice on how others get through the holidays. This presentation will help offer solutions to better navigate the grief journey through the cold winter months and beyond!

**Refreshments will be served and ALL are welcome.**

This is a community event: open to families and friends of our residents and staff as well as anyone in the community who would like to learn more about how to become an intentional survivor.



Mitch Carmody has been providing insightful healing resources for the bereaved for 30 years with writings, workshops, books, and YouTube videos on grief and healing. Mitch is the author of *Letters To My Son*, hosts his own radio show "Grief Chat", member ADEC, and longtime presenter for BPUSA, TAPS, TCF and other grief organizations. "Proactive Grieving® is finding equilibrium: body, mind, soul, and spirit"

Please **RSVP** to Angela: **612-599-7668** or **[angelao@maplehillseniorliving.com](mailto:angelao@maplehillseniorliving.com)**

**We HOPE to see you there!**