

The Goldstein Family
Hospice of Cincinnati and Fernside
Grief Center



2014 Winter Series

Taking Care of Yourself

Paraffin and Mini Manicures

Thursday, January 9th from 5:30 – 7pm

Large Classroom, Goldstein Family Grief Center, 4360 Cooper Road

Nourishing the Heart

Cooking demonstration and recipe share

Thursday February 13th from 5:30 – 7pm

Large Classroom, Goldstein Family Grief Center, 4360 Cooper Road

**Bring your favorite recipe to share*

Financial and Legal Discussion

Q&A with a panel of experts

Thursday March 13th from 5:30 – 7pm

Large Classroom, Goldstein Family Grief Center, 4360 Cooper Road

As we enter a new year The Goldstein Grief Center is starting a monthly series of events that we hope will assist and support your grief journey. Please join us for our winter series where we will learn about the importance of self care, nourishing ourselves and have our financial and legal questions answered.

Light refreshment will be provided.

For more information or to register please contact:

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