



## Coming Soon “Moving through Grief” with Dr. Sunny

For older adults, grief may come from loss of—mobility, independence, a loved one, etc. This five week series is designed to help release the stagnant energies of grief stored in the body through movement, breathing and affirmations.

Be prepared for gentle stretches, simple movements (can be done both standing or sitting) and meditation to move through the grief and fill your body, mind and spirit with healing energy.

**When:** Friday, September 2nd, 16th & 30th  
Friday, October 14th & 28th  
9:30am-10:30am

**Where:** The HUB Community Room  
236 Monterey Street, Salinas

To register, call 831.646.4931 or 831.646.5050

**\*\*\*Bus Passes and Taxi Vouchers available, if transportation is an issue please ask about them when you call to register.**

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