

The Central MN Council on Aging is pleased to partner with Moments Hospice to offer a virtual webinar “The 7 Keys to Healing from a Loss” featuring guest speaker and author, Gary Roe. (Please see the attached program flyer)

2020 was a year of profound, debilitating grief. The sheer amount of change was stunning and crippling. For those of us who lost family members or friends, COVID added a thick, suffocating layer of complication to our grief journeys. This session will give you keys to healing from the loss we've all suffered during the COVID-19 Pandemic.

- Better understand the impact loss has on your life
- Handle the roller-coaster emotions of grief
- Navigate changing relationships in healthy ways
- Adjust to a new future and begin to live again



Day Session:

When: Feb 23, 2021 10:00 - 11:00 AM CT

Register in advance for this Zoom meeting by clicking on the link below:

<https://us02web.zoom.us/join/register/tZlvd-CgrT4uEtNbV34NuVX9wperLd2cG5-6>

Link to the **Facebook** event page: <https://www.facebook.com/events/1770816223118807/>

Evening Session:

When: Feb 25, 2021 6:00- 7:00 PM CT

Register in advance for this Zoom meeting by clicking on the link below:

<https://us02web.zoom.us/join/register/tZYsf-isrDMsG9Pemnr-JtNCbK6YkVKn7JWw>

Link to the **Facebook** event page: <https://www.facebook.com/events/218146650016153>

After registering to the Zoom event, you will receive a confirmation email containing information about joining the meeting.

***This session is worth 1 CEU recognized by the MN Board of Social Work and the MN Nursing Board. To request a CE certificate or with any questions, please email rachael.wenner@momentshospice.com. Your certificate will be sent within 7 days of attendance.**

We look forward to having you join us.