



HOSPICE

WALK-N-TALK GROUPS



Who: Hospice families and friends

What: Walk or stroll and share a cup of coffee

Where: Carousel Mall and Great Northern Mall
(See details below for each location)

Carousel Mall: Tuesday, Thursdays & Fridays at 9:00a.m.

Meet in the Food Court

Contact: Ann Maxfield 487-1413

Great Northern Mall: Friday at 12:30p.m.

Meet in front of Friendly's

Contact: Celestina Spinella 699-3471

This is a wonderful way to meet people in a non-threatening atmosphere. Those who attend these gatherings may never speak about their loss or grief but walk beside others who are going through the same type of experiences. Walking with this group helps if you are feeling lonely, isolated or unsure about future directions. Maybe you would just enjoy the company! Why not give it a try?

Further Resources Available:
Center for Living With Loss
(315) 634-1100 / www.hospicecny.org