



## **Grief & Loss Support Group**

Have you experienced the painful loss of a loved one? Has isolation overcome you? It is never easy to grapple with a tragic passing, but the holidays seem to make life and loneliness even more difficult. Beyond the shock and pain, there is hope. Meet with Horizon Health and a small group of School Board employees. Listen, talk and know that you are not alone. (Frequency of meetings will be decided at this initial gathering.)

**Woodlake Center**  
**3425 New Jersey Road—Lakeland, 33803**  
**November 11, 2009**  
**5:00-8:00 PM**

Please call the Wellness Program  
at 648-3057 or email  
[debbie.zimmerman@polk-fl.net](mailto:debbie.zimmerman@polk-fl.net) to register.