



Kamloops Hospice Association

# At Your Own Pace

## WEDNESDAYS

9:30 am - 10:30 am

**Sept 4 - Oct 30**

No Registration Required  
Join us for one or all dates!

### MEETING PLACE:

Pioneer Park

Bereavement walking group for adults who have experienced the death of a loved one.

A walk where you can share your story or walk in silence.

Ideal for people who navigate grief through action and reflection.

Hospice volunteers will join you on the walk!

FOR MORE INFORMATION CONTACT

Hospice Counselling at 250.372.1336 or [marina@kamloopshospice.com](mailto:marina@kamloopshospice.com)



[WWW.KAMLOOPSHOSPICE.COM](http://WWW.KAMLOOPSHOSPICE.COM)

