



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

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Making longer lives, better lives.

FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

Phone/Email: 231-922-4911/lwells@grandtraverse.org

Subject: Glimmer of Hope

Traverse City – We have been taught from childhood that holidays are time for family and friends with the memories enduring for a lifetime. But, when you have lost someone special – someone who has been there through each holiday – you wonder how you will ever cope with another one. Although grief is a natural response to loss, for many people holidays only magnify the loss and are the hardest part of grieving.

Join a Glimmers of Hope presentation, given by Anne Bodnar with Munson Home Health, at four locations of the Grand Traverse County Senior Center Network. Bodnar acknowledges, at any time grieving the loss of someone is a painful process, however holidays emphasize one's sense of loss. While there is no way to completely remove the pain of missing someone, there are ways to cope with loss and find a way through the holiday season.

The first Bodnar presentation is in Acme on Monday, November 13 at 6 p.m. This presentation will be held at Samaritas located at 4354 Mount Hope Road.

Another presentation will be held at the Rock of Kingsley located at 115 E. Blair Street on Wednesday, November 29, 12.30 p.m.

On Thursday, November 30, 12:30 p.m., Golden Fellowship Hall located at 9700 Riley Road in Interlochen will hold the third presentation.

Last, is the presentation at the Fife Lake Library on Wednesday, December 6, 12:30 p.m., 77 Lakecrest Lane.

The presentations are free, but advance registration is appreciated.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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The Senior Center Network, part of the Grand Traverse County Parks and Recreation Department, offers diverse programs to older adults in Grand Traverse County. Thousands each year enjoy dozens of activities on a daily basis at locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Business hours are Monday through Friday, from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit www.grandtraverse.org/scn or our Facebook page.