



HOLIDAY GRIEF WHEN THE HOLIDAYS ARE NOT ALWAYS JOYFUL

BALANCED HEALTH SERIES
Information for your overall wellness.
FREE! Open to Y members & the community.

DECEMBER 8, 2022

12:00 pm-1:00 pm
FDL YMCA
BOARD ROOM
90 W 2nd Street



**REGISTER ONLINE OR BY
CALLING 920.921.3330**

PRESENTER: Kristin Brei, MS, LPC
Bereavement Specialist
SSM Health

Join SSM Health
Bereavement Specialist,
Kristin Brei, as she helps
navigate ideas to adjust to
the holidays without a
loved one.

Join this FREE community
presentation to
learn more.

