

BETTER YOU

COPING WITH GRIEF

At some point, we all experience grief. Did you know there isn't one way to grieve? This presentation explores the journey from grief to healing. You'll uncover the myths, understand that grief reactions are unique to each person, and learn helpful strategies to support someone who is grieving. Leave this session empowered to view grief as a process you can work through and find meaning.

Presented by Florida Blue and

Date:

Time:

Place:

Contact:

To register for the event, visit: