



*The Holiday Season can be a difficult time due to the death of a loved one, or the illness of a loved one. Come join us and learn ways to cope with grief and create new holiday memories. We hope to see you there.*



*Grief & the Holidays*  
*Art Circle Library*  
*December 8<sup>th</sup> - 10:00 AM*

*Speakers: Barbie Neely, Executive Director Cumberland Ridge & Tracy Plant, Plateau Regional Director, Alzheimer's Tennessee*

