

# Grief Support and Music Therapy Summer Series



## Sunday, May 22, 2022: Yoga and Music

*Get in touch with the physical manifestations of grief and release them through movement to improvised and tailored music.*

## Sunday, June 26 , 2022: Song Discussion

*Listen and sing along to songs that have themes of grief and loss; discuss how each song resonates personally.*



## Sunday, July 17, 2022: Song Writing

*Talk through the grief process and turn the grief experience into music which will then be recorded and sent to each attendee.*

## Sunday, August 21: Legacy Project

*Create musical legacies to honor loved ones using a heartbeat as the core of the music. Musical improvisations will be recorded and sent to each attendee.*



**JOIN US**  
**One Sunday**  
**a Month**  
**2:00pm**



ARBOR  
HOSPICE

888.992.CARE  
arborhospice.org

### LOCATION:

#### Arbor Hospice

2366 Oak Valley Drive, Ann Arbor

*Please register early as space is limited.*

*To register please contact:*

Margie Martin

Grief Support Services

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