

26th Annual “Getting Through the Holidays”

Who: Anyone grieving the death of a loved one.

What: Insight and strategies from area professionals and other holiday survivors will offer tips and suggestions to help ease the anxiety the holidays can bring.

When: Thursday, November 17th, 2016 6:00 – 8:00 P.M.

Where: First Lutheran Church, 822 Douglas St, Alexandria, MN 56308.
Enter parking lot from Cedar Street.
Meet in the lower level Fellowship Hall (elevator access).

**Refreshments will be served.
There is no charge for this evening
and no registration is needed.**

This event is sponsored by:

- Anderson Funeral Home
- Area Parish Health Nurses
- Church of St. Mary’s
- Compassionate Friends
- Elder Network
- First Lutheran Church
- Griefshare
- Hospice of Douglas County
- Knute Nelson Hospice
- Lind Family Funeral Home
- New Horizon Organization



**For more information call
320-762-2196**