Presentations at both locations are from 5:30 PM - 7:30 PM

**JANUARY**

"Strengthen Your Resolve in 2017"
Shirley C. Gillotti, RN, MS, BFRP, founder of The Center for Inner Health and Stillness
Discover how Flower Essences can naturally restore emotional and mental balance, providing motivation for a successful and positive new year.
January 11th (HOP) | January 18th (MH)

**FEBRUARY**

"Haunted Sonoma County"
Tom Wyrsch, Documentary Producer and Filmmaker
A historical journey across Sonoma County to "haunted locations"...ghost stories revealing our colorful residents of the past.
February 8th (HOP) | February 15th (MH)

**MARCH**

"Being Mortal", a Frontline Film Screening
Re-examine death and dying through the words of surgeon and bestselling author Atul Gawande. This film shines an unprecedented spotlight on how patients, families, and doctors all experience the end stages of life.
March 8th (HOP) | March 15th (MH)

**APRIL**

"Poetry and the Art of Transformation"
Gwynn O’Gara, Sonoma County Poet Laureate and teacher with California Poets in the Schools
Explore the medicine of Creativity, Poetry and Metaphor through reading poems, exploring natural objects with words and drawing, sharing creations and discoveries.
April 12th (HOP) | April 19 (MH)

**MAY**

"Universal Truths Around Grief"
Isabel Yuriko Stenzel Byrnes, LCSW/MPH, bereavement counselor at Mission Hospice, facilitator and lecturer.
Discover grief "truths" based on professional and personal experience with childhood chronic illness, collective grief in a community, denial, hope and grieving the future ...leading to giving back, continuing bonds and finding meaning.
May 10th (HOP) | May 17th (MH)

**JUNE**

"The Magic of Bringing Song to the Bedside"
Dr. Venus Maher and Eleanor Decker, Leaders of the Sonoma County Threshold Choir and the Valley of the Moon Threshold Choir
Bask in gentle, harmonious melodies as part of the Threshold Choir’s ‘kindness made audible’ program, singing to the hearts of those who are listening.
June 14th (HOP) | June 21th (MH)
Wednesdays at Hospice is a free Community Education series running January 2017 through June 2017.

Food for your Mind, Body and Spirit, each offering highlights a variety of topics relevant to our daily lives.

Please join us at any or all of the events. They are offered twice a month, once at our Hospice of Petaluma office and once at our Memorial Hospice office in Santa Rosa.

Hospice of Petaluma
416 Payran Street
Petaluma, CA 94952
707-778-6242

Memorial Hospice
439 College Ave.
Santa Rosa, CA 95401
707-568-1094

No reservations required.

www.SonomaCountyHospice.org