

For Immediate Release:

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Media Advisory

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Wuesthoff Hospice & Palliative Care Presents Seminar - “*Getting Through the Holidays When You’ve Lost a Loved One*”

Brevard County, FL (October 27, 2009) Wuesthoff Hospice & Palliative Care will present an educational seminar titled “*Getting Through the Holidays When You’ve Lost a Loved One,*” **Tuesday, November 17, from 5: 30 to 7: 00 pm** at Wuesthoff Hospice, 8060 Spyglass Hill Road, Viera.

“The holiday season can be a painful reminder of the loss of a loved one,” said Bob Caldwell, Wuesthoff Hospice Grief Support specialist. “It’s important to learn the therapeutic steps to cope with the feelings of loss while learning to view the holidays with new meaning.”

Topics of discussion will be: Working Your Way Through; Listening to Your Heart, Looking for Joy Amidst the Pain, Acknowledging Your Limits, and Being Patient and Realistic.

Wuesthoff Hospice Grief Support specialists, Bob Caldwell and Elisa Millay will serve as keynote presenters.

For more information or to reserve a seat, call **321.253.2222**; refreshments will be served.

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