



The Big Bend Hospice Bereavement Department invites you to our
2025 Bereavement Buddy Walks

These monthly walks meet the 2nd Thursday of each month (*weather permitting*) and offer a supportive space for those grieving the loss of a loved one to connect with others in a relaxed, outdoor setting. Weather permitting, we will meet near the Korean War Memorial and walk a loop around the park. Feel free to bring a chair and water if you'd like. Locations during the hot and cold months will be determined based on the weather.

January 10	Cascades Park	10:00 am - 11:00 am
February 13	Cascades Park	10:00 am - 11:00 am
March 13	Cascades Park	10:00 am - 11:00 am
April 10	Cascades Park	10:00 am - 11:00 am
May 8	Cascades Park	10:00 am - 11:00 am
June 12	TBD	10:00 am - 11:00 am
July 10	TBD	10:00 am - 11:00 am
August 14	TBD	10:00 am - 11:00 am
September 11	Cascades Park	10:00 am - 11:00 am
October 9	Cascades Park	10:00 am - 11:00 am
November 13	TBD	10:00 am - 11:00 am
December 11	TBD	10:00 am - 11:00 am

For more information or to register, contact:
Pam Mezzina | (850)701-1328 | pmezzina@bigbendhospice.org.
**Registration is requested for the initial session*

We look forward to seeing you!



**Big Bend
Hospice**

bigbendhospice.org

