

Doing Grief® Community Healing Project at Banner Olive Branch Senior Center - Sun City



Sound Healing to Reduce Stress & Soothe Your Spirit

Tuesday, October 13, 12-1 pm
with Linda Schlicher, Sound Healer (Movie Room)



Experience the therapeutic power of sound through crystal singing bowls and flute to help achieve balance, relaxation, and healing.

Carry What Matters Through the Holidays A Soul Care Experience with Aromatherapy



Thursday, October 22, 12-1:30 pm (Movie Room)
with Angela Lahman, Spiritual Care Provider

A guided experience using essential oils & reflective journaling to notice what you're carrying, respond with compassion and choose what matters most to you through the fall & winter holidays.



“Sometimes the most important thing in a whole day is the rest we take between two deep breaths.” — Etty Hillesum

A Remembrance Celebration Spiritual Practices to Honor Our Loved Ones in Spirit



Thursday, October 29, 12-1:30 pm
with Shea Darian, Director of Doing Grief & Spiritual Care Provider

During this season of remembrance we gather to honor dear ones who have died. Those of all faiths & philosophies are welcome!

Reflections ~ Music ~ Prayer & Meditation ~ Candle Lighting



Optional: Bring a photograph or small memento of a loved one for our remembrance table, or a loved one's favorite snack for our potluck snack table, if you choose.

RSVP: 623-465-6000 – Banner Olive Branch Senior Center