

January 29 – February 1, 2019

Walk the Labyrinth

annual indoor walking meditation



Lunch & Learn

Learn more about the labyrinth's history and symbolism, and receive guidance and support for your labyrinth walk. Plan to attend the workshop, and to return during workshops or open walking hours for your journey. For first-time participants as well as those who are familiar with the labyrinth. Drinks and dessert provided; bring your own lunch. Please call (336) 768-6157, ext.1600 to register.

Tuesday, January 29

12:00 noon - 1:00 pm

Comfort for the Grief Journey

A workshop for adults who are grieving the death of a loved one. Receive an introduction to the labyrinth and the opportunity to walk as a group. Please call (336) 768-6157, ext.1600 to register.

Tuesday, January 29

6:00 pm - 7:30 pm

Thursday, January 31

10:00 am - 11:30 am

Open Hours for Drop-in Labyrinth Walk

Individuals and groups are welcome to drop-in during these open walking hours. No appointment is necessary. If you would like to have a staff member serve as a guide for your walk, please call (336) 331-1300.

Wednesday, January 30

8:30 am - 6:00 pm

Thursday, January 31

12:00 noon - 6:00 pm

Friday, February 1

10:00 am - 1:00 pm

Location: Trellis Supportive Care • Williams Education & Counseling Center
101 Hospice Lane, Bldg. 121 • Winston-Salem, NC 27103
There is no charge for participation. Call (336) 331-1300 for more information.



Palliative • Hospice • Family Support