January 19 – 22, 2016

Walk the Labyrinth
annual indoor walking meditation

Labyrinth walks offer opportunities for:
- honoring,
- remembering,
- grieving,
- reflecting,
- centering.

The labyrinth is for you.

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Drop-in Labyrinth Walk

This indoor labyrinth is open to all, and no appointment is necessary. Please call (336) 331-1331 if you would like to have a staff member available to guide you on a labyrinth walk.

The labyrinth is open to community visitors during the following times:

- **Tuesday, January 19**: 3:30 pm – 7:00 pm
- **Wednesday, January 20**: 10:00 am – 7:00 pm
- **Thursday, January 21**: 10:00 am – 5:30 pm
- **Friday, January 22**: 8:00 am – 9:30 am

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Soul Expressions: self-care workshop for adults who are grieving the death of a loved one

**Friday, January 22**: 10:00 am – 12:00 noon

The first of three Soul Expressions workshops in 2016. This session will give an introduction to the labyrinth as a tool for centering and healing. It includes an introduction to the labyrinth and the opportunity to walk as a group. Open to those who are new to the labyrinth, as well as those who have walked before.

Call (336) 768-6157, ext.1600 to register.

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Location: Hospice & Palliative CareCenter
101 Hospice Lane, Bldg. 121, Williams Education and Counseling Center
Winston-Salem, NC 27103

Hosted by the Complementary Therapies Program of Hospice & Palliative CareCenter. There is no charge for participation. Call (336) 331-1331 for more information.