



Wednesday, March 12, 2025 • The Desmond Hotel Malvern, 1 Liberty Blvd., Malvern PA 19355

Acknowledging Delicate Loss



10 AM - 12 Noon Facilitator:
Stephanie P. Langsam, MD
Lankenau Medical Center's
Chief of Obstetrics & Gynecology



COST: \$60
(Includes both sessions + lunch)

Learn more about how to heal from delicate loss: loss of loved one(s); miscarriage/stillborn; of "self" and/or "normalcy" due to trauma, menopause, etc.

Wear comfortable clothing for the afternoon session

2:00 PM -4:00 PM

Part 1 - **"I See You, I Hear You, You Are Not Alone"** Roundtable discussion

Part 2 - **"Relax, Breathe, Stretch, Release"**

with a specialist

Mary Ann Hughes.

RELAX ... AH HH



BREATHE ... HMMM



STRETCH ... HMMM



RELEASE ... YES!



Did you know that even minimal daily exercise is beneficial to one's mind (mental), body (physical), & soul's (emotional) well-being?

Activity
P.I.E.S.

Physical,
Intellectual,
Emotional,
Social aspects.

7 PM -9 PM



FREE!

ENJOY A fun exercise illustrating time spent in various areas of our lives. How do you slice your pie? Come have a slice and see!