
DEATH CAFE @ TWIN VALLEY



The first Friday of each month TVSC is hosting a “Death Cafe” at 11:45.

We gather to discuss end-of-life thoughts & feelings. This is an open-ended group discussion with no agenda. It is not grief support or counseling, but a way for all of us to explore our ideas, both positive and negative, about this transformative period of our lives.

- ❖ Attendees are welcome just to come and listen. Everything is confidential.
- ❖ A full lunch is available by donation. (\$5.00 is suggested, but nothing is charged.) FEEL FREE to bring your own lunch.
- ❖ Join us the first Friday of each month from 11:45 - 1:00 with lunch @12:15.

Twin Valley Senior Center 4583 US Route 2, East Montpelier
802-223-3322 twinvalleyseniors.org

“Life is a great surprise. I don’t see why death should not be an even greater one.” - Nabakov
