Young At Heart

# LIFT

Tuesdays from 10:45am-12:15pm
2nd Church, 525 Cheshire NE, Grand Rapids, MI 49505

Are you struggling with some life changes? Medical challenges? Loss of life dreams? Loss of friends or other loved ones? Loss of mobility?

Are you looking to meet new people? Looking for a time and place to reflect on your life journey? Role of faith? Having new experiences that bring some joy?

You are invited to share your story, support others, listen and just experience joy in the company of others....

WHO: 55+ COST: Donation

REGISTRATION: Call 616-251-1134 or email us at info@youngatheartgr.org

Facilitator: Bert Nelson has a MA in Counseling Psychology, Masters in Business Administration, and a Master of Divinity from Western Theological Seminary. He has provided clinical services as a therapist serving in the area of substance abuse recovery, cancer support groups, and Pastoral roles at several West Michigan churches.

## What is LIFT?

LIFT is where I share my story and journey with others.

LIFT is where spirits are lifted and new experiences occur.

LIFT is where I am lifted to grow, and lifted by letting go.

LIFT is dynamic, experiential, living in the moment

LIFT is storytelling, music, movement and meditation

...sharing and creating together!