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## **New Beginning for Widows and Widowers, LIFT**

Date and Time

Monthly on the fourth Thursday at 11:00am for 8 times

Event URL

<https://www.dignitymemorial.com>

Event Region

Peninsula

Event Type

Meeting

RSVP Info

757-827-4670 or [emma.crew@dignitymemorial.com](mailto:emma.crew@dignitymemorial.com)

Event Cost

\$0.00

Event Description

LIFT(Living Information for Today) is a social support program that helps widows and widowers adjust to the loss of a spouse by providing hope to reinforce a sense of wholeness and purpose in those who may be feeling lost or isolated. You are invited to attend the next Dignity memorial LIFT event. The group meets at various locations around the area. Please contact and RSVP to Emma Crew at [emma.crew@dignitymemorial.com](mailto:emma.crew@dignitymemorial.com) or call 757.827.4670. Space is limited so please RSVP. Dignity Memorial LIFT gives the opportunity to spend time with others who are adjusting to the loss of a spouse and similar circumstances. Program activities may include luncheons, theater or movie outings, guest lectures, trips, picnics, potluck dinners, or museum visits. There are no membership dues or fees. Members will pay for personal expenses, such as meals or event fees. Participation is not restricted to those who have been served by Dignity Memorial providers. The only requirement is you must be a widow or widower. NOTE: the May Cooking Class will meet on Friday, May 31, 2019 instead of the usual Thursday.