

A Supportive Learning and Discussion Group from the Innovation Series...

Life After Caregiving: The Power of Purpose

Tuesdays, April 16 to May 21, 2024
9 to 10:30 a.m.

Richard J. Leider
Coauthor of the bestselling *Repacking Your Bags*

The Power of Purpose
Find Meaning,
Live Longer,
Better

3RD EDITION
Revised & Expanded

Death frames our end for us and also puts a value on things.” -Richard Leider

After a loved one dies, caregivers may experience a variety of emotions and life changes. This supportive learning group provides an environment of acceptance to explore feelings and ask questions as we read and discuss Richard Leider’s dynamic book, “The Power of Purpose: Find Meaning, Live Longer, Better.” 3rd Edition.

- ❖ Connect and learn from others who may be experiencing similar situations!
- ❖ Facilitated by Center Volunteers, Kathy Jasper and Julie Jensen.
- ❖ Meetings are **in person** at the DeWolf Innovation Center, 9000 C Ave. NE, Cedar Rapids
- ❖ This 6-week session will be limited to 10 participants. Call today!
- ❖ Participants are encouraged to purchase the book. It is available through a variety of vendors such as Amazon and Barnes and Noble. A limited number of copies are available through our Resource Library to borrow.



**Please register by April 9 by calling
(319) 221-8866 or emailing fcgc@mercycare.org.**

Priority will be given to first-time attendees.