

# lunch and learn

Tuesdays • 12:00 - 1:30 pm  
Co-presented with PacificSource

local experts share their knowledge  
about topics important to you

*Bring a brown bag lunch; dessert  
and coffee are on us. This series  
is free and open to the public.*

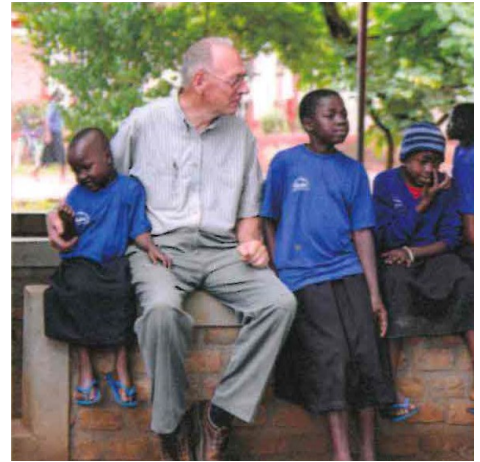
FREE

## DECEMBER 2024

### Dec 3: Journey to Northern Uganda

With Bob Higgins, founder of PATH Ministries

Come hear tales of Bob and his late wife Carol, who spent 14 years living and working as missionaries in Uganda. At an age when most are aiming for retirement, they dedicated themselves to training church leaders, providing clean water, running a mobile health clinic and eventually building and running a home for orphaned children. Over the years, their encounters with unfamiliar food, language, customs and world views stretched them well beyond their comfort zone. The retelling of this spiritual and entrepreneurial adventure is not to be missed!



### Dec 10: The Healing Power of Grief

With Helen S. Condon, BA.Ed, CLC



The holiday season can be a particularly challenging time for anyone experiencing grief. It can also be challenging for those with a friend or loved one who is grieving. But did you know that grief itself can actually be the healer of our pain? Learn how to access the power within us that allows us to process the multitude of emotions that come with experiencing a significant loss in our lives. We'll discuss the purpose of grief and how it manifests in the body, the process of mourning our losses and practical ideas for how to deal with negative emotions. Grief is inevitable; suffering is optional.

Our Lunch & Learn series will resume on January 14. Happy Holidays!

play for life



Larkspur Community Center  
Home of the Bend Senior Center  
[www.bendparksandrec.org](http://www.bendparksandrec.org)

Questions? Call (541) 706-6235