



Alzheimer's of  
Central Alabama

presents

# Lunch and Learn

*Navigating Grief, Especially During the Holidays*

**Tuesday, October 29, 2019**

**11:30 to 1:00 p.m.**



**Speaker:**

**Matthew Bunt, M.Ed., LPC-S**

**Outreach Coordinator, Amelia Center**

Through this presentation, participants will learn how grief affects everyday life, gain a better understanding of how to help themselves and others experiencing grief, and understand the timeline of grief. This presentation will also explore grief during holidays and special days, giving pointers on how to cope.

**Brookdale University Park  
400 University Park Drive**

**Lunch Provided • Reservations Required**

205-871-7970 or [mpiggott@alzca.org](mailto:mpiggott@alzca.org)  
[www.alzca.org](http://www.alzca.org)

Brookdale is located across the street from Samford University. Traveling east on Lakeshore Drive from I-65, cross over Columbiana Road/Greensprings Highway, and take the first bridge to the right. Veer right to get to Brookdale, which is a gated community.

If the gate is closed press the call button. Follow the blue special event parking signs, and park in the Healthcare Center or East parking lot. Enter the main four level building through the east entrance, under the green awning and follow signs to reception desk. Take the grand staircase or an elevator to the first floor to the Gazebo Room.

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