

# Walking group new program in bereavement services



Free bereavement services offered in Georgetown are expanding on April 7 as Acclaim Health introduces their newest program, a weekly walking group for adults who are grieving the death of a loved one.

This program, which will give grieving individuals the chance to connect with others in similar situations through fresh air and exercise, will be led by two trained volunteers who will also provide individual support.

This walking group is meant to provide a community activity that supports those who are experiencing what is arguably the most difficult time in their life, said Patricia Blakeley, Director of Community Support Services. Everyone's journey through grief is unique, but being surrounded by others going through similar experiences fosters a strength that we hope will help people feel less alone.

Participants will share ideas and receive support, and at the end of the walk those who wish can stay for a stop at a local coffee shop and further conversation.

This group is all about providing support, and if that means people want to talk about their grief than this is an open environment in which they can, said Carole La-Tour, Bereavement Coordinator. If there are individuals who just want to feel supported and not discuss their experiences, than that's okay too.

Those interested in joining should contact Melinda Brown at 905-827-8800 or mbrown@acclaimhealth.ca.

In addition to the walking group, other bereavement services that Acclaim Health provides are support groups, one-to-one support throughout their Bereavement Peer Support Program, and information on the grieving process.

Acclaim Health is a not-for-profit organization whose aim is to help people maintain their independence and quality of life for as long as possible. They offer a number of programs and services to help clients and their families who are dealing with health challenges and are in need of extra support.

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**Q:** How can I jumpstart my body out of winter-mode ?

**A:** While winter was a time to conserve energy and reduce activity, spring is a time for regeneration and renewal. In Chinese Medicine, spring is associated with the Wood element and is dominated by the function of the liver and gall bladder. These organs assist in the smooth circulation of Qi and blood. They also help to nourish the tendons and connective tissues, are associated with the eyes, help regulate the emotions, and aid in digestion.

If your liver is congested after winter, you may experience symptoms like joint pain, inflexibility, anger, irritability, and eye problems.

Spring is the perfect time to give your Liver some love. You can support the change of season by moving your body through exercise and stretching, letting go of anger and resentment, and eating lightly and cleanly. It's also a great time to access acupuncture to help encourage flow and movement. You may check out www.carolyndew.ca for more information.

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Jenni Veneruz  
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**A:** I've had a concussion and have been told that I can start gradually returning to my sport. How does this work?

**Q:** The return-to-play process is gradual and is done in stages. If no symptoms are aggravated either during or after each stage exercise session, you may progress to a more difficult workout routine. Eventually you may advance to on-field or on-ice practice and finally full game play (with proper medical clearance). At any time, if your symptoms return, you must return to a lower level exertion (or modified activities) depending on the advice of your health professional. All of these exercise sessions should be monitored by a health care professional trained in concussion management as they will ensure that full return to play happens at the appropriate time.