



THE PEGGY F. MURPHY
**Community
Grief Center**

Monthly Grief Program

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesday, July 8 & 22, 2026

10:00-10:50 AM

To create a safe and secure environment,
attendance is limited to those pre-registered by
July 6th & 20th



A 50 minute practice of gentle, mindful movement that encourages rest. Participants are welcome to practice in a chair or on a mat. Props are provided. No experience required.

*For the health & safety of our facilitators and participants,
please refrain from wearing scented lotions and perfumes.*

5920 Homestead Road, Fort Wayne, IN 46814

260-435-3261 | GriefCenter@stillwater-hospice.org



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Grief Program

4-week series



Tai Chi

with Cathleen Scott-Slayback

Thursdays: July 9-30, 2026

11:00AM-12:00 PM

To create a safe and secure environment, attendance is limited to those who pre-register by July 3rd

This 4-week Tai Chi series combines gentle, flowing movements paired with breath to create a meditative practice in motion.

For continued participation, attendance the first week is required. For the health and safety of our facilitators and participants, please refrain from wearing scented lotions or perfumes.

For assistance with registration, contact the Grief Center:

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Monthly Grief Program

Drum Circle

with Laura Hillyard

Thursday, July 16th, 2026

10:00-11:00 AM

To create a safe and secure environment, attendance is limited to those pre-registered by July 13th



Drum Circles offer an opportunity to express and shift your mood through drums and other percussion instruments. Experience rhythm and community bonding. No experience necessary.

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**tulip tree
collective**
Community. Creativity. Conscious Living.

Embodied Dance Movement

with Julia Hyndman-Helmkamp of
Tulip Tree Healing Arts Collective
Thursday, July 30, 2026

6:00-7:00 PM

**To create a safe and secure environment, attendance
is limited to those pre-registered by July 24th**



This practice focuses on connecting with your body and emotions, then moving and expressing from that place in response to music. You will be given cues, practices, and tools to be guided into your body and move with curiosity.

Express and shift your mood through movement!
Participants can practice in a chair or moving on the floor.

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