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# BRIEF

## Grief counselor offers tips for coping during the holidays

**Waverly, November 7, 2022:** Waverly Health Center and Cedar Valley Hospice join forces to help the community with a presentation on Navigating Grief and Loss During the Holidays. Cedar Valley Hospice Grief Counselor Heather Peiffer will talk about grief and provide tips to help during the holiday season after the death of a loved one.

All are welcome to attend on Tuesday, Nov. 15 from 6 to 7 p.m. at Tendrils Rooftop Garden inside Waverly Health Center or via Google Meet. Registration is requested by calling 319.483.1360.

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Established in 1979, Cedar Valley Hospice is the expert provider of hospice care in Northeast Iowa. As a non-profit, we uphold the highest standards for our employees who help families manage advanced illnesses and symptoms 24 hours a day. We provide care for all – regardless of age, diagnosis or ability to

pay. Other services include: the area's only Hospice Home, palliative care, adult and children's grief programs, and case management for people living with HIV. Anyone can make a referral. It's never too early to call and find out what resources are available to you. For more information, visit [cvhospice.org](http://cvhospice.org) or call 800.626.2360.