



Widowed Persons Service

Widowed Persons Service exists to meet the needs of men and women dealing with grief due to spousal death.

Living Well As One

presenters will include representatives from the following Grand Rapids area businesses and service organizations:

Opportunity Concepts and Lawson Insurance

Wells Fargo Advisors

Chase Bank

Rhoades McKee, PC

Holistic Care Approach

The MAC

Panopoulos Salons

Life Guidance Services

Christian Counseling Center

Widowed Persons Service

Main Dish Kitchen

The Organizing Specialist

Saenz & Associates, LLC

Human Resource Potential

Dehoek & Company PLLC

Midwest Properties of Michigan

A-1 Computer Service and Repair

Life Coach

GR Metro Plumbing

Nosko Builders

Hilltop Repair

Location

Grand Rapids Christian High School

2300 Plymouth Ave SE

Grand Rapids, MI 49506

Directions

From US 131:

Take exit 82A for Burton Street

Merge onto Burton Street SW

Turn right at Plymouth Avenue SE

*School will be on the left

From I-96:

Exit onto 28th Street SE

Turn right at Breton Rd SE

Turn left at Okemos Drive SE

Take the 3rd left onto Tecumseh Drive SE

Take the 1st left onto Onaway Drive SE

Turn left at Plymouth Ave SE

*School will be on left

“Living Well As One”

Learn Skills You Need NOW

A one day workshop event designed to equip and encourage anyone who is single, or single again.

Saturday, November 21, 2009

8:30 a.m. - 1:00 p.m.

Grand Rapids Christian High School

\$20 per person

***scholarships may be available**

Presented by:



Widowed Persons Service

The Living Well As One workshop will feature over 25 presentations on topics relevant to those who are single. It is the hope of Widowed Persons Service that upon leaving, participants will feel equipped and encouraged to handle life's necessary activities in both the short and long term.

Participants will be able to choose 5 class sessions to attend. Please use the following list of class numbers when completing the attached registration form. Registration is also available online at www.wpsgr.org. Registration deadline is November 13, 2009.

Finance/Insurance/Taxes/Legal

1. Discussions on long term care insurance and life insurance
2. Your financial journey from here to there, a clear view of retirement for women
3. Going online with your money - tools and safeguards
4. Tax issues and tax preparation...What should I know?
5. Legal stuff you need to know as a divorced or widowed person

Health

6. Newly single: Diet and exercise...what should you be doing?
7. Yoga: Helping you through the stress, sorrow and anger of being single
8. Exercise: Good for you anytime, especially when dealing with change - Let an expert teach you how to begin
9. Massage: A great way to feel comforted and relaxed - Let a professional massage therapist show you how

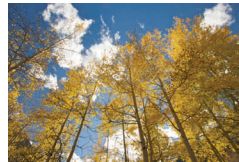


Family/Relationships/Personal Needs

10. Getting through the holidays
11. Single parenting after death and divorce
12. Helping kids through grief
13. Dating: In person and online...when?
14. Remarriage and 8 steps of healthy blended families
15. The first 100 days...what to do following a death or divorce

Housing and Maintenance

16. Is putting gas in your car the only thing you know how to do? Let a seasoned mechanic help you keep your car in shape
17. Housing - The current Michigan market, renting, selling...your options
18. Plumbing - what you should know, what you should look for, what it will cost
19. Computer basic - a hands on experience in what you need to know



Balance and Organization

20. Refining your future...imagine it organized
21. Bringing balance back into your life

Meal Planning and Prep

22. Dinner time tips-Imagine it ready

Employment

23. Entrepreneurial aspirations: Mechanics of starting a business
24. Selling the new you! How to look and dress for success
25. Resume writing for the newly single individual
26. Career search: The new transition

Registration Form

Please indicate what class you would like to attend during each of the 5 sessions, first and second choice. You will receive your final class schedule at the event on November 21st.

Session A: 9:30-9:55am

Classes available: 1,2,7,9,11,15,16,17,18,21,22,23,26

First Choice: # _____ Second Choice: # _____

Session B: 10:00-10:25am

Classes available: 1,2,7,8, 9,11,15,16,17,18,21,22,23,26

First Choice: # _____ Second Choice: # _____

Session C: 10:30-10:55am

Classes Available: 1,2,3,4,5,6,9,10,11,13,16,17,18,19,20,21,22,24,25

First Choice: # _____ Second Choice: # _____

Session D: 11:00-11:25am

Classes Available: 3,4,5,6,12,14,16,19,20

First Choice: # _____ Second Choice: # _____

Session E: 11:30-11:55am

Classes Available: 3,4,5,6,11,14*,19,20,24,26

**Indicates continuation from Session D class*

First Choice # _____ Second Choice: # _____

Name: _____

Address: _____

Phone: _____

Email: _____

Fee: \$20 (some scholarships available)

Make Checks payable to Widowed Persons Service. We accept Visa/MC:

Card #: _____ **Exp.** _____

***Please detach and send form with payment to:
Widowed Persons Service
4211 Clyde Park SW, Unit C
Wyoming, MI 49509**

***Online registration: www.wpsgr.org**