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**Chesapeake Life Center shares how yoga and cooking can help people cope with loss**

(PASADENA, MD, January 31, 2019) — Chesapeake Life Center has added two more events to its calendar of special workshops: **Grief Yoga** and **Cooking while Grieving**.

Grief Yoga, which will be facilitated by Cathy Rees from The Yoga Center of Columbia, is a workshop that will demonstrate how yoga can help people in the grief process. It will include time to share, a 60-minute yoga class on either a chair or a mat, meditation and some journaling. It will take place from 5:30 to 7:30 p.m. March 19 at the John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena. The cost to attend is \$10.

The yoga workshop is part of the center's new **Healing Arts Series** that explores creative therapies that employ music, art, pets, energy, aroma and more to promote healing, wellness and coping. Each month there is a discussion and activity to help people learn how these practices can be a resource in their journey with grief. Another previously announced offering in the series is an introduction to **SoulCollage** at 12:30 p.m. Feb. 19, also on the Pasadena campus.

Cooking while Grieving, offered in partnership with Whole Foods Annapolis, will be held in the Annapolis Towne Center store's Culinary and Community Center from 6:30 to 8:30 p.m. April 25. Join others who are grieving for a chef-prepared dinner and conversation about what it's like to cook and dine after a loss. Space is limited. The cost is \$25.

Registration is required for all programs and can be completed by calling 888-501-7077 or emailing [griefinfo@chesapeakelifecenter.org](mailto:griefinfo@chesapeakelifecenter.org). Though registration for special programs closes two days prior to the day of the event, people may still be able to participate by calling to see if space is available. For details on these and other offerings, visit <https://www.hospicechesapeake.org/family-support/about-chesapeake-life-center>.

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Chesapeake Life Center, a program service of **Hospice of the Chesapeake**, serves hospice family members and the community with bereavement services and activities designed to enhance the quality of life for those grieving the loss of a loved one.