What Do I Do Now?! – Coping When Alone

Sponsored by "Young at Heart" Senior Citizens Ministry



Join us for a free lunch and a discussion of loneliness, what it is, and how to manage it. (*Donations for lunch are much appreciated!)*

Thursday, Nov. 19th – 11:30 a.m.

(Reservations are required no later than Nov. 12th!)

First United Methodist Church
1001 Juliana St., Parkersburg
In our Fellowship Hall downstairs

To Make Reservations:
Call 304-428-0111 Tues. – Thurs. 9 a.m – 4 p.m. or Fri. 9 a.m. – Noon
Or send an Email to Fumcjuliana@wvdls.net write "Young at Heart" in the email's subject line.
When reserving, be sure to indicate names and contact info. of attendees

Young at Heart