



December Newsletter

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Annual Charity Give-Back



I got this idea last year reading my Real Simple magazine and an article on how people give back over the holidays. One reader wrote that she has a charity giveaway on her blog. Great idea!

Last year the winner was the HeartLight Center. Thanks to all who nominated or voted in the First Annual End of Life Charity Giveback.

[So head over to the "Helping You Through" blog on EndofLifeInsights.com & nominate your favorite charity today.](#)

Make your nomination now and let's see if we can raise \$500 for your favorite end of life non-profit. Don't forget to tell your friends and colleagues to vote too. You need them to win!

Surviving a Loss During the Holidays & Reaching Out



The words to the song, "It's the most wonderful time of the year" do not ring true for everyone...

Are you dreading the first holiday season without your family member or friend? Or do you know someone who is?

End of Life Insights has published a thoughtful brochure titled Surviving a Loss During the Holidays. [Click here to download your free copy.](#)

Read about a few tips that may help ease your grief this holiday season, or learn ways that you can help someone who has experienced a loss this year.

Interested in offering this brochure in your office, hospice, or healthcare facility? [Contact us](#) to order multiple professionally printed & fully customized copies -- i.e. with your logo and contact information -- for distribution in your office or facility.

Holiday Gift Ideas for a Grieving Friend:



Do you have a friend or neighbor who lost a loved one this year? Knowing this can be a very hard time of year for them can make it all the more difficult to know how to reach out. [Here are a few gift ideas to let them know that you remembered.](#)

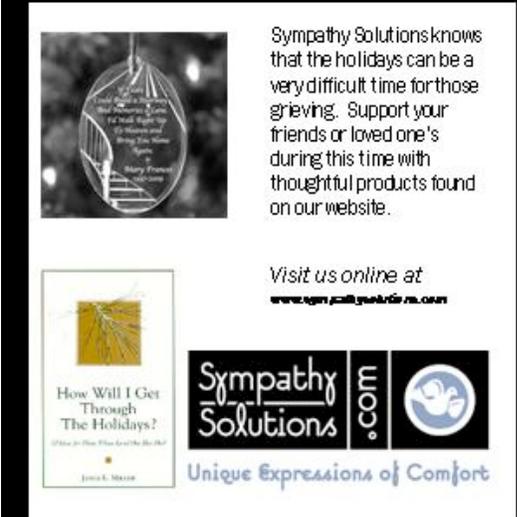
Do You Need Any End of Year CEUs?

If you're in that end of the year rush for your continuing education units, don't worry. We have accredited self-paced 100% online courses available (no postage required -- all you need is a computer with Internet access).

[Click here to learn more & register online at the End of Life Insights Shop.](#)

Don't Forget: Applications for College Textbook Scholarships are due by February 28, 2010.

[Click here to view the Scholarships page on EndofLifeinsights.com to learn more.](#)



Sympathy Solutions knows that the holidays can be a very difficult time for those grieving. Support your friends or loved one's during this time with thoughtful products found on our website.

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How Will I Get Through The Holidays?
10 Ways to Help You Live the Holidays
Linda K. Moore

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