

## Turning Point:

## We are here for you

Suddenly, the course of your life unexpectedly changes. You or someone you love is diagnosed with a serious or chronic physical illness – and you need help coping with the new normal.

Turn to us.

Turning Point offers classes, resources and programs to support everyone affected – all with the goal of living life to the fullest.

Because serious illness is a Turning Point.

Most of our classes are held virtually.

- Emotional/physical support
- Meditation/mindfulness
- Nutrition
- Art/creative expression
- Practical issues
- Exercise
- Programs for families, teens and children

## **New to Turning Point?**

Scan the QR code below to fill out a simple intake form.



## TurningPointKC.org • 913-574-0900

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