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**FOR IMMEDIATE RELEASE:**

**Richmond-Based Nonprofit Celebrates Living a Missions-Driven Life Through 10th Annual Live Your Dash Luncheon**

Richmond, VA (January 8, 2024): In between everyone's birth and death date resides a symbol of significance for how one lived their life. Inspired by Linda Ellis's poem, "The Dash," Richmond-based Nonprofit Full Circle Grief Center will host its 10th Annual Live Your Dash Luncheon on Thursday, April 25, 2024 at a private venue. This event will feature inspirational speaker Dona Rodgers, Mother of Morgan, Co-Founder, Board Chairwoman, and President of Morgan's Message; additionally, "Live Your Dash" awards will be presented to a select few in the Richmond area who are truly making a difference in our community and are a shining example of the Live Your Dash motto in action. As a part of this event, participants will be inspired to make a difference with their lives, all while helping to raise funds in direct support of Full Circle's programs.

*"I always look forward to the LYD event because of the way it makes me feel," shares Emily Orfan, a Board member and a past group participant. "There's a palpable love and care within the room. The ballroom provides a beautiful aesthetic to listen and learn from my fellow community members."*

Over the past nine years, over 1,500 people have participated in Live Your Dash, generating approximately \$300,000 to support Full Circle's grief support groups and educational programs. This year, the nonprofit's goal is to raise \$75,000 to help ensure their ongoing support groups continue to be offered free of charge to those grieving in our community. Sponsors to date include Faisal and Traci Qureshi, Jillian and Adam Carpenter, Melanie Frank and Charlie Comiso, Nikhil and Beena Parekh, The Venable Family, Bonnie Williams-Harris, and The Lucy Family. The Live Your Dash Luncheon includes an inspirational speaker, community awards, remembrance activities, live music, refreshments, and a silent auction. Participants will also have the opportunity to connect with Full Circle's staff, volunteers, and with one another throughout the event. This year's celebration will take place at a private venue from 11 a.m.-2 p.m.

Full Circle Grief Center offers a range of programs at no cost to clients. Charitable programs include Hands on Healing family groups, perinatal loss groups, overdose and substance use-related loss groups, and suicide loss groups at the Center. In addition, Full Circle offers outreach groups in local schools and community organizations as well as a homicide loss group in partnership with VA Victim Assistance Network. Full Circle's Individual Counseling Practice provides grief therapy for those grieving the death of a loved one, through insurance as well as a reduced rate. Specialty areas include grief and loss, traumatic loss (such as homicide, suicide, traumatic accident), and anticipatory grief. Notably, all of Full Circle's programs are facilitated by professional mental health clinicians. Full Circle has been featured by media outlets including WRVA, Channel 12, CBS This Morning, Free Press, and Style Weekly, and is one of the most comprehensive local resources for anyone grieving the loss of a loved one.

Emily adds, *"Whether this is your first year attending, or your fifth year, you always walk away from the event energized by the wisdom, greatness and gentleness of the room. From the keynote speaker, to the award recipients, down to my fellow tablemates, I always know I'm going to feel uplifted and inspired to be even a small part of the Full Circle community. There are so many different ways to feel connected to this event. Perhaps you yourself are on a grief journey, or care for someone who is, or are simply just eager to support a local mission, the Live Your Dash event speaks to us all."*

For details and to register for Live Your Dash, please visit <https://fullcirclegc.org/live-your-dash-luncheon/>