



Living deeply, dying well

Future Health Care Preferences

Your end-of-life journey is part of your legacy

Four sessions will include education, discussion and writing your Health Care Directive:

- Who will be my advocate if I am unable to speak for myself?
- What happens if I have an unexpected illness or accident?
- What are my preferences for the kind of medical treatment I want or don't want?
- How can I start conversations with my loved ones about my health care preferences?

2019 Workshops in South Minneapolis

Wednesdays 11:30 am - 1:00 pm, 4 sessions: April 17, 24, May 1, 8

Wednesdays 4:30 pm - 6:00 pm, 4 sessions: July 10, 17, 24, 31

Tuesdays 7:00 pm - 8:30 pm Sept 24, Oct 1, 15, 22 (skip Oct 8)

or

**Host a workshop in your own setting with people you know:
Your loved ones, your spiritual community, your neighbors, your colleagues**

\$125 per person or \$100 each for more than one family member includes 4 facilitated sessions, health care directive document, binder with current handouts. (Minimum 5, maximum 10 per group)

"It was most helpful to do this work in a group rather than alone—sharing viewpoints and stories about this challenging subject. I appreciated the low-key leadership and knowledge, suggestions and information." - John P.

"Discussions with my husband led us to meet with our adult children to talk about our wishes in a clear matter-of-fact way. Most surprising was clarifying what I want my retirement to be about. I reclaimed the thread of who I am that I want to carry into this next stage of life." Jane L.

"I looked forward to attending each of the sessions on what could have been a dark topic—but wasn't. Laurel knows her stuff, and she makes you think, feel, discuss and get done the planning necessary for the end of life. Glad I did it, especially with Laurel." - Gary L.



Laurel Riedel, Advanced Practice RN, Facilitator

**Register with Laurel at 612-868-4116 or laurel@speakingofdyingMN.com
CEUs available for RNs and other professionals**

Film Discussion and Workshop information at www.speakingofdyingMN.com