



Living deeply, dying well

2024 Spring Workshops

Join the new 3 session format format

Thursdays, 6:30pm - 8:00pm

3 sessions: May 9, 16 and 30

Saturdays, 10:00am - 11:30am

3 sessions: May 11, 18 and June 1

Wednesdays, 11:00am - 12:30pm

3 sessions: June 5, 12, 26

Register by contacting Laurel at 612-868-4116 or

laurel@speakingofdyingMN.com

In person sessions will be hosted in Southwest Minneapolis

If you prefer Zoom please note this with your registration.

Now is the time to have these important conversations.

Many people/ organizations schedule their own workshops.

Neighbors, families, colleagues contact Laurel to set up a time. We will meet in-person or schedule Zoom sessions tailored to your needs.

Laurel Riedel

Laurel Riedel, MSN, RN, Facilitator and Speaker
CEUs available for RNs and other professionals

Film Discussion and Workshop information at

www.speakingofdyingMN.com

Workshop Sessions 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 their health care preferences?

\$90 per person or \$75 each for more than one family member.

Workshops include 3 facilitated sessions, health care directive documents, red binder with current handouts.

Minimum 5, maximum 10 participants per group