



# Living deeply, dying well

## 2025 Winter Workshops

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**Tuesdays, 6:30 pm - 8:00 pm**

**3 sessions: January 21, 28 and February 11**

**Saturdays, 10:00 am - 11:30 am**

**3 sessions: February 1, 8 and 22**

**Wednesdays, 11:30 am - 1:00 pm**

**3 sessions: February 26, March 5 and 19**

### **Please share your first and second choice**

Register by contacting Laurel at 612-868-4116 or  
[laurel@speakingofdyingMN.com](mailto:laurel@speakingofdyingMN.com)

*In person sessions will be hosted in Southwest Minneapolis  
If you prefer Zoom please note this with your registration.*

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*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](http://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?

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\$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