



# Living deeply, dying well

## 2025 Spring Workshops

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**Thursdays, 6:30 - 8:00 pm**  
**3 sessions: April 3, 10 and 24**

**Tuesdays, 2:00 - 3:30 pm**  
**3 sessions: April 29, May 6 and May 20**

**NEW Refresher Group**  
**Been awhile since you attended the workshop?**  
**Update your preferences, Learn new options.**  
**Saturdays, 10:00 - 11:30 am**  
**2 sessions: April 26 and May 3**

*Register by contacting Laurel at 612-868-4116 or*  
[laurel@speakingofdyingMN.com](mailto:laurel@speakingofdyingMN.com)  
*In person sessions hosted in South Minneapolis*

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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

Refresher Workshop: \$50