



Living deeply, dying well

2026 Spring Workshops

Thursday, 4:00 pm - 5:30 pm

3 sessions: February 12, 19 and March 5

Saturday, 10:00 am - 11:30 am

3 sessions: March 21, 28 and April 11

Tuesday, 12:00 pm - 1:30 pm

3 sessions: March 24, 31 and April 14

Register by contacting Laurel at 612-868-4116 or
laurel@speakingofdyingMN.com

In person sessions hosted in SouthWest Minneapolis

The next community wide workshops will be in the Fall of 2026

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