



Living deeply, dying well

2026 Fall Workshops

Saturday, 10:00 am - 11:30 am

3 sessions: October 17, 24 and November 7

Tuesday, 12:00 pm - 1:30 pm

3 sessions: October 20, 27 and November 10

Register by contacting Laurel at 612-868-4116 or

laurel@speakingofdyingMN.com

In person sessions hosted in SouthWest Minneapolis

Thank you for your patience. I now have a new knee and a new hip. I had interesting conversations about Health Care Directives along the way.

NEW: Most of my workshops are now scheduled by people or organizations creating workshops with my assistance. Neighbors, families, colleagues and organizations 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