

FALL WORKSHOPS: Developing A Plan for the Endgame!



**The trouble is...
You think YOU have Time!**

Do you know in **Advance**, what **Direction** you would like your family to follow at the End of Your Life? This powerful, informative, (3) lecture series is a **MUST ATTEND** if you have not specified your end-of-life wishes for yourself to your family. It has been designed in an easy-to-understand format to leave you feeling empowered – giving you peace of mind. End-of-life conversations are never easy to have, broach or breathe through. Set your loved ones up to know your wishes in advance so that the process feels graceful and complete without the stress of worrying that someone didn't do something right.

WORKSHOP #1 – Make Your Wishes Known - September 10, 2019, 6:30-8:00pm

This workshop will leave you with easy-to-fill-in templates that will help clarify your wishes & who you would want to name(s) to speak on your behalf if you are not able to. It is extremely helpful for your doctor, family and those who may be treating you to know what you want in terms of pain management care and life extension – as well as what needs to get notarized and who should get copies, etc.

WORKSHOP #2 – Holding “The Conversation” – October 8, 2019, 6:30-8:00pm

FACT: Did you know that 80% of Americans have never discussed their end of life wishes with themselves, their family, their doctor, or even a close friend? Our intention is to initiate a healthy conversation involving you & your family so that everyone has an opportunity to share & declare what their end of life wishes would be. We know that starting this conversation may feel uncomfortable. That's why we are providing you with everything you need to make it easier and less stressful.

WORKSHOP 3 – Choices at the end of Life – Nov. 12, 2019, 6:30-8:00pm

When death becomes inevitable, this section brings awareness to several methods that are currently available so you can maintain control. We will explain the current options available to you if you find your life is no longer your own. They include: Terminal sedation, DNR Orders (Do Not Resuscitate), VSED (Voluntarily Stopping Eating & Drinking), the End of Life Option Act and Final Exit Network.

Please join us for all (3) Workshops so you can get all of your questions and concerns answered with our guest facilitators. These Workshops are complimentary and family members are encouraged to attend!

RSVP: Laguna Niguel Senior Citizens Club Office: **949-362-2937** M-F 10:00 to 2:00

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