

Awakening To Life And Death

Our Wishes Explored, Expressed and Honored

Third Friday Monthly 12:15-1:45

Transitions

The preparation for our final passage includes more than filling out legal forms.

The investigation and communication of what's important in our illness, old age and dying provides a guidepost through unexplored territory.

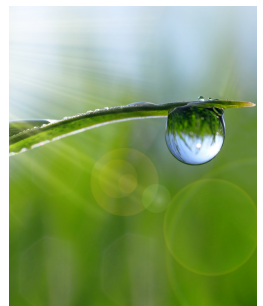
When we attend to these matters, we assure greater orientation, providing peace of mind in a time that could otherwise be chaotic and potentially traumatic for ourselves and others.

Whatever our age or stage, to engage in end of life considerations is a gesture of kindness. We have an opportunity to honor the legacy of our lives and of our passing.

Interactive Workshops Monthly With The Following Topics:

Explore

- Perceptions of Death and Dying
- Grief and Letting Go
- Stewardship Of Belongings
- Finishing Business



Express

- Medical Advocacy
- Medical Wishes
- Important Paperwork In Order
- Funeral Arrangements

Honor

- California Law on End Of Life Options
- Palliative and Hospice Care
- Death Doula/ Alternative Approaches
- Completions

When: Third Friday Each Month Begins January, 2020 12:15- 1:45
Drop ins Welcome Cost: 10:00 Suggested Donation

Where: Burbank Heights and Orchards
7777 Bodega Ave. Sebastopol, CA 95472

For Information Contact Tess Lorraine- tesslorraine@mac.com 707-363-7936

awakeningtolifeanddeath.com