



END OF LIFE CHOICES: A PROACTIVE APPROACH TO DEATH & DYING

Dying is one of the most profound passages in our lives, yet it is seldom discussed in this culture. A series of six classes will get you thinking, talking about, and taking action to prepare for the dying process and its aftermath.

Char Tarashanti, Hospice Chaplain, Carrie Hargrave, Psychotherapist, and Barbara, Shovers, Wisdom Seekers Founder and Educator, will shepherd you through this incredible journey. Informative videos and guest presenters will enhance class discussions.

The class will meet on the 2nd and 4th Thursdays of the month from 1-3pm MST (AZ time).

Class #	Date	Subject
1	9/10/20	Consider the Conversation: Exploring thoughts, feelings, questions, experiences with death & dying
2	9/24/20	Advance Medical Directives: Five Wishes
3	10/8/20	The Dying Process: Physical & Medical Aspects of Dying, Hospice
4	10/22/20	Legal Issues: Last Will, Trusts, Financial Planning, Advocacy, Personal Property
5	11/05/20	Conscious Dying: Facing Mortality, Funeral Planning
6	11/19/20	Multi-Cultural & Spiritual Considerations, Dealing with Grief

All classes will be presented on Zoom and recorded for those who cannot attend in person. **Class Fee: \$50 for all six courses. Please make checks payable to Char Tarashanti, and send to address on registration form. Thanks.**

To register contact Char Tarashanti: 507-990-3888 or biobalance240@charter.net