SSAI Tele-learning Workshop

Monday, December 14 at 10am

What if talking about death helped you live better?



Most of us would rather not think about the end of life, particularly when we're healthy, active and enjoying ourselves. But that may actually be the best time to start.

Join Saskatoon end-of-life doula Sue Bachner (Carpe Diem End-Of-Life Doula Services) for a warm, practical conversation about why planning ahead can bring greater peace of mind now and make things easier for the people we love later.

You'll learn:

- What an end-of-life doula does
- How this support complements health care and other professional services
- The surprising range of things a doula can help with, long before someone is actively dying

We'll also talk about unfinished business, family conversations, advance care planning, life stories and simple steps you can take while you have the time, energy and clarity to make thoughtful choices.

Visit our website for more information and to register:

sasksenior.com/workshops

Questions? Phone 306-493-3023 or email: info@sasksenior.com

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