

Living Fully_{AND} Dying Prepared

6-WEEK COMMUNITY SERIES

A welcoming “book club” that invites you to reflect back, turn inward, and plan ahead

Experience engaging activities and discussions about life and how to prepare in advance for its end, lending clarity and peace of mind.

Why think about mortality?

Because it's a natural part of being human, and exploring impermanence can help us discover more meaning and joy.

Who can join?

Adults of any age with any health status.

What does the series include?

Some at-home reading and writing as well as sharing within friendly group sessions. Topics: Dream Legacy Projects, Bucket Lists, Wonderment and Awe, Musical Memory Lane, and Advance Care Planning.

Free. Registration required.

12 participant limit per session

Choose a session

Wednesdays 1-3pm

September 24 & October 1, 8, 15, 22, 29
or

Thursdays 10am-Noon

Sept 25 & October 2, 9, 16, 23, 30

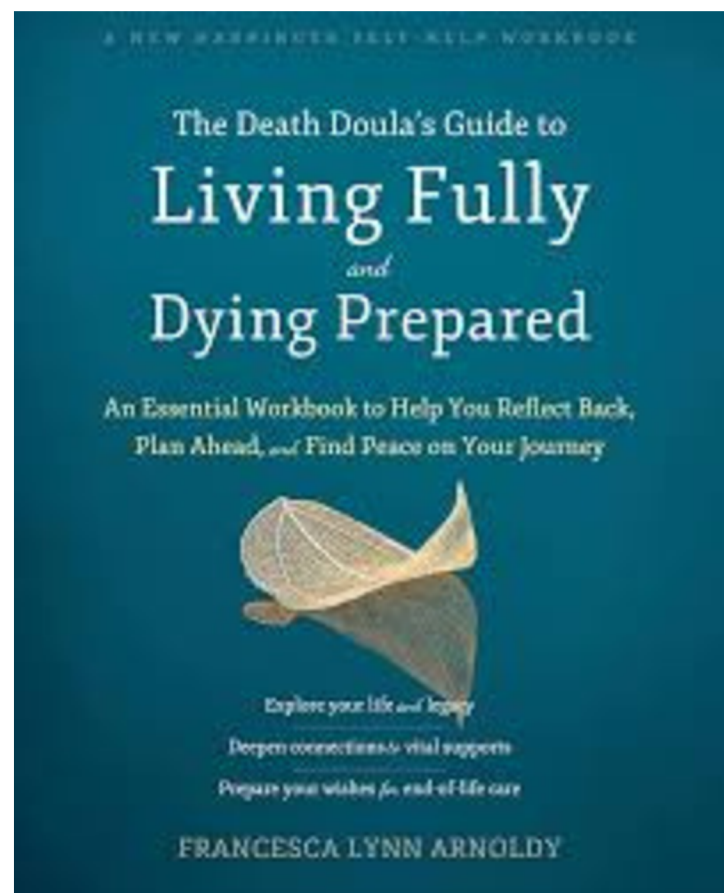
Where

Explore the Arts
701 W. Main St., Hamilton (side entrance)



Register

www.goodpassage.co/register or
email jana@goodpassage.co



presented with support of



presenter

Jana Branch

End-of-Life Doula



Questions?

jana@goodpassage.co
www.goodpassage.co

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**End-of-Life Doula Services
for the Bitterroot Valley**