

LEARN HOW TO LIVE, CHOOSE HOW TO DIE



A GUIDED CONVERSATION

HAVING END-OF-LIFE DISCUSSIONS ARE NOT AN EASY TASK. HOWEVER, IF YOU ARE EMPOWERED WITH THE RIGHT INFORMATION AND KNOW HOW TO APPROACH THESE CONVERSATIONS, THEY CAN BE POSITIVE EXPERIENCES FOR YOU AND YOUR FAMILY.

Do you want to offer this conversation to your religious or cultural community - or your family? Let Brenda guide the conversation.

BRENDA HAS AN EASY CONVERSATIONAL STYLE THAT ALLOWS HER TO HELP PEOPLE ADDRESS DIFFICULT QUESTIONS ABOUT WHAT AN INDIVIDUAL WANTS AND NEEDS WHEN SERIOUS AND LIFE ENDING ILLNESS OCCURS.

HAVE YOU SEEN
"THE FIVE QUESTIONS?"

WONDER HOW TO
APPROACH THEM WITH
YOUR OWN FAMILY?

OPENING COMMUNICATION ABOUT THIS SUBJECT CAN BE HARD, BUT IT ALSO CAN LEAD TO BETTER, MORE JOYFUL LIFE FOR YOU AND YOUR LOVED ONES.

AT THE END OF THIS CONVERSATION YOU WILL BE ABLE TO:

- » define specific needs for yourself, and how you want to be treated
- » know what is important to you at end of life
- » help you say what you need
- » be able to articulate what you want and do not want as your end of life approaches
- » have specific areas to address with loved ones and be able to define those that matter most to you
- » have a list of your current desires to reflect upon over time as your experiences and needs change
- » feel confident to complete your advance care directive with specific wishes and share them with your family
- » be prepared to speak with your health care provider about what you want
- » be prepared to support your loved ones in advocating for their end of life plan

"My wife and I surprised each other with some of our personal preferences, so the information we gathered is good to know."

"I was surprised how Brenda was able to get people of all ages to thoughtfully address the subject matter without feeling uncomfortable or stressed."

"It was actually enjoyable to think through our preferences and thoughts on end-of-life issues vs. forcing our guessing at the answer during a difficult time."

"The discussion with Brenda led for our family was extremely helpful in talking with our parents about how they want to be treated as they progress through the aging process. I think about the conversation regularly whenever I am working with them to make sure I am dealing with them in the way 'they' wanted."

One take away that really stands out was something my mom said... She didn't want us to tell her that she already told us something. So, I don't"

Healing Through Life
healingthroughlife.com
651.697.9981
brenda@healingthroughlife.com
831 Raymond Ave, Suite 330, St. Paul, MN 55114



Photo by: Jayme Halbritter