

## **BEFRIENDING THE ENDING, Part 1: AN INTRODUCTION TO ADVANCE CARE PLANNING (180)**

Tuesdays, 10:00 – 12:00, (3 Classes, 10/8 thru 10/22) in Room 19  
15

**Tuition \$30**

Limited to

Over three sessions you will receive an introduction to Advance Care Planning:

- What is a Health Care proxy/surrogate/power of attorney and why is it so important?
- How to choose one; how to be one
- List of questions to ask when making healthcare decisions.
- Introduction to the Florida POLST form (Physician Orders for Life Sustaining Treatment)
- What is Code Status and why is it so important?

**Lisa Ahbel, RN** has recently retired to Sun City Center from Massachusetts. She has years of experience in Hospice and Palliative care, in addition to working with patients in long-term care facilities, in doctor's offices, urgent care clinics and in their own homes. She is passionate about helping people to craft end of life plans which allow them to live their lives fully all the way to the very end, with quality, comfort, and peace. Lisa is an experienced workshop presenter and is also available for individual consultation.