

END-OF-LIFE CARE PLANNING FOR YOU AND YOUR FAMILY (180)

Tuesdays, 10:00 – 12:00 (3 Classes, 10/6 – 10/20) in Room 19	Tuition \$37	Limited to 15
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Are you prepared to deal with the medical, legal and emotional issues that are inevitable at the end of life? Do you know what a healthcare proxy really does? How do you ensure your values are respected in a medical crisis? What's the difference between palliative care and hospice and when should either be considered? How do you effectively make important decisions and communicate with doctors under stressful circumstances? This course will give you the tools to approach the end-of-life process with clarity and confidence.

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, in 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 with quality, comfort, and peace. Lisa is an experienced workshop presenter and is also available for individual consultation.