

How to Get the Death You Want

This **series of five 2-hour sessions** will help you prepare for death, yours, or a loved one.

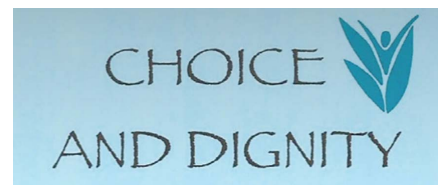
There are Five Primary topics:

- Introduction to Death and the Right-to-Die Movement
- Advanced Directives – Your decisions about the types of care and life-sustaining measures you may or may not want.
- Medical Advocacy – How to ensure your wishes are honored. We'll cover both choosing your advocate as well as being a good advocate for someone else.
- Communication with Family, Loved Ones, and Medical Providers – How to start and have the necessary conversations.
- Deliberate Life Completion – We'll discuss the what, where, and how Medical Aid in Dying and other methods to reduce suffering where MAID is not a viable alternative.

In addition, we'll discuss neurodegenerative diseases and their impact on the Life Completion process as well as other "to-do's" for your list in preparation for death.

Questions
1-800-811-4112

No charge to Choice and Dignity members. For non-members, the suggested contribution is \$25, or whatever you can afford. No one is excluded due to income.
Email ChoiceandDignityInc@gmail.com to register or scan the QR code to the right.



along with



Every Friday
May 1st- May 29th
10:30 AM to 12:30 PM

Harmony Community
Healthcare
Education Center
310 S Williams Blvd., Suite 210
Tucson, AZ 85711

REGISTER

