



LAST DAYS

Navigating death and dying

Knowing what to expect



COMMUNITY WORKSHOPS

Dying is a normal part of life, but many of us are unprepared for what happens, and the practical steps to take after losing someone we care for.

The Last Days workshop is delivered by a palliative care specialist and helps you understand what's ahead when someone is at the end of their life, creating space for conversations about their wishes and preferences, and giving you practical knowledge to help you plan and prepare.

In the free workshop, you will learn:

- What to expect and the role of palliative care
- What a "good death" might look like, and the choices we have
- How to have conversations about dying and plan for what's ahead
- Practical information to assist with getting affairs in order.
- Possible care choices and support available as we near death
- How grief and loss can impact individuals and support available
- Common rituals, rules and regulations around death.

Available in two locations:

Wangaratta

Tues 11 March – 1.00-4.00pm

Wangaratta Performing Arts
& Convention Centre

33-37 Ford St, Wangaratta

Register: by Fri 7 March

Visit: <https://bit.ly/49xyEd3>



Shepparton

Wed 12 March – 1.00-4.00pm

GV Hospice Training Room

102 Balaclava Rd, Shepparton

Register: by Mon 10 March

Visit: <https://bit.ly/4ir2ljU>

