

Living and Dying Well

Dying To
Know *day*
8th August
www.dyingtoknowday.org

Dying to Know Day is a national day of awareness which encourages all Australians to take action toward more open and honest conversations about death, dying and bereavement

As part of the 2018
Dying to Know Day
Hastings Palliative Care
Services will be holding a
Living and Dying Well
afternoon tea on

When: Wednesday 8 August 2018, 1.30pm to 3pm

Where: Wauchope District Memorial Hospital Palliative Care Unit Garden

What: Living and Dying Well Afternoon Tea (afternoon tea provided)

Topics that will be covered at the event include:

- Cultural considerations
- Spiritual considerations
- The importance of language around death and dying
- Preparing for death (including Advanced Care Directives)
- Community support.

More information can be found
at www.dyingtoknowday.org



Health
Mid North Coast
Local Health District