

TEN THINGS

to know before you go

D Early referral to palliative care means living longer with better quality of life

S 70% of deaths are expected

P 45% of us DIE WITHOUT A WILL

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E of those who know they are dying, **ONLY 25%** have spoken to their families about their wishes ...

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T 60% OF US CHOOSE CREMATION. do you know the alternatives?

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M DOCTORS DIE DIFFERENTLY.

Thanks to the SUPPORT of **VASUDHARA FOUNDATION**

THE GROUND SWELL PROJECT

The 10 Things Workshops help you set aside your fears of having 'the conversation', so you can walk away knowing how to plan your end of life the way you want to. Discover how to put a plan into action for your end of life in an informal and educational format.

Find out more today - after all, it won't kill you.

www.thegroundswellproject.com



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IT'S TIME TO TALK about death.

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While it may seem scary to think about your own mortality, becoming death literate and building your capacity for end-of-life planning can help create healthier community attitudes about death.

The 10 Things Workshops will teach you what you don't know about death; allowing you to set aside your fears of having 'the conversation' and learn how to plan your end of life the way you want to.

At the GroundSwell Project's 10 Things Workshops, you will walk away with ten facts about death that impact you and your loved ones.

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WHAT YOU CAN EXPECT

We will teach you how you can take those ten facts and apply them to your own end-of-life planning so that you're ready for when the time comes.

You will learn in an informative and casual environment with qualified experts and walk away being more comfortable talking about end-of-life issues. Plus, you will leave with clear actions you can take for your end of life plans.

You will also receive a Dying to Know book, workshop and planning documents, and access to helpful online resources.

SO WHAT ARE YOU WAITING FOR?

**It's time to learn about death.
After all, it won't kill you!**

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The 10 Things Workshop is being delivered in partnership with The Vasudhara Foundation, which supports early-stage, innovative and creative social impact projects. The Vasudhara Foundation has a broad range of interests including the dying well space and projects that promote death literacy in Australia.

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all the details:

When: Tuesday 29th May

Time: 10am – 2pm

Cost: \$50 for members of public, includes materials and lunch

RSVP is essential

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Health
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Local Health District

