**Session One: Preparing for the Unexpected**

In this session, we will:

* Explore stigmatization and discomfort around death and dying.
* Offer practical ways to walk through planning for our future health and personal care needs
* Share the benefits of being prepared for the unexpected
* Discuss strategies to engage your loved ones in discussions around the end journey and future health planning.

**Session Two:  Stand up and be heard.  Choosing the right person for the job.**

In this session we will:

* Explore what it means to be a proxy for property, health, and personal care.
* Understand the responsibilities of a Power of Attorney for Personal Care
* Describe the risk in not appointing a Power of Attorney for Property and Personal Care
* Identify the traits of a good decision-maker (proxy)

**Session Three: Life happens on its own terms.  Deciding what to do next can be on your terms.**

In this session we will:

* Reflecting on “quality versus quantity of living” and how our opinions will guide decision making.
* Explore how advancing health technology can extend our lives for the better or worse.
* Discuss the reality of “staying in our own home” and the various housing options as we age.

*“At its best, life is completely unpredictable. By failing to prepare you are preparing to fail.” Benjamin Franklin*