

WITH EILEEN KIERA &
JON PRESCOTT

End of Life Conversations



Communicating about End of Life

Communicating about End of Life: A Weekend for Couples

Death is a part of life and how we die often reflects how we have lived

Join us for this couples weekend as we contemplate what constitutes a good death and how we can share that vision with our loved ones, communities and health care providers.

We will have a chance to discuss the care, environment and rituals we'd like during an illness, complete important forms, think about how we'd like our bodies treated after death and most importantly talk with our partners about topics that are often difficult and pushed aside.

We'll experience a guided death scenario where we touch losses felt at the end of life. Part of our time will be spent as a group and part will be set aside to do homework together.

Retreat runs

Mar 3 10am until

Mar 4 4pm

March
3 & 4

Registration Form on back
For more information contact Tracey
ml-info@mountainlamp.org
360-592-0600

RETREAT INFORMATION AND REGISTRATION

MEALS:
Are Vegetarian
Please note medically
prescribed diet

SLEEPING:
One couple per room
The schedule is such
that it is possible to
stay off-site in
Bellingham and still
participate in all
activities

WHAT TO BRING:
Sleeping bags & pillows
& sheets
Warm indoor clothes,
rain coat, warm
sweater, hat, mitts,
scarf, walking shoes,
boots, personal
toiletries, towel,
flashlight, alarm clock

Cut off this section
and save as a
reminder

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DEPOSIT: \$50 for weekend
Deposit for Retreat is non-
refundable after Feb 15
Last day to register is Feb 20

Retreat Fee

\$125/person with lodging
(one couple/room)
\$110/person w/o lodging

Meals are included in both
options

Please complete form below
and mail or e-mail to
Mountain Lamp Community,
P.O.Box 512, Deming, WA
98244,
along with a \$50 deposit.
Directions to Mt. Lamp will be
sent with your confirmation.

Names:

Address:

Phone#

E-Mail

Emergency
Contact

Circle of Friends (please circle)

Circle any:

I can help with cooking

I can help with shopping

Specific interests

Food Allergies

Anything else we should know?

