



KEEP CALM AND BE PREPARED

**A presentation about the Importance of
talking about living well and dying well**




**WE ARE
MACMILLAN.
CANCER SUPPORT**

 Cheshire
Living Well | Dying Well
Partnership

 St Luke's
CHESHIRE HOSPICE

Many people are unprepared for their own or their loved ones death: wills have not been written and end of life wishes not discussed. Death is not an easy thing to discuss but peace of mind, quality of care and living well depend on us being able to talk about it openly and sensitively.

**You are invited to a FREE presentation
which will give you:**

-  practical tips
-  ideas of how to make plans
-  the confidence to discuss
your wishes or someone else's



The presentation will be run in an informal and interesting way. There will be opportunities to ask questions and seek advice.

**Tuesday 21st January, 1.30-4.00pm or
Wednesday 26th February, 1.30-4.00pm or
Wednesday 19th March, 9.30am-12noon**

To reserve a place or to find out more, please contact
Cheshire Living Well, Dying Well Programme Team:
01606 551246
PublicHealth@stlukes-hospice.co.uk

Presentations are available for anyone who lives or works in
Cheshire East and Cheshire West and Chester