

Honoring The Mystery: Life's Last Journey

A 6 part series about how to navigate the end of life:



Friday, 9/12, 1-3PM—Traditional & Non-Traditional Funerals

Friday, 9/19, 1-3PM—Decluttering & Transitioning (Zoom Option)

Friday, 10/10, 1-3PM—Alternative Funerals

Friday, 10/17, 1-3PM—Tough Conversations

Friday, 11/14, 1-3PM—Hospice & Death With Dignity

Friday, 11/21, 1-3PM—Death Doulas

Free and open to the public. Presenters will include Eric Segee, *Funeral Director* at Doby, Blais & Segee; Jessie Graham, a *Life Coach and Consultant*; Jo Fein, a *Death and Dying Course Instructor*; Chuck Lakin, a *Home Funeral Educator*; Alice Toohey, a *Death Doula*; Gina Tansey, a *Nonviolent Communication Trainer*; Allison Osgood, a *Beacon Hospice Liaison*, and Valerie Lovelace, *Founder of Maine Death With Dignity*. **“Decluttering & Transitioning” on 9/19 can be attended via Zoom if you wish. Email Ray for the link.** FMI, call or email Ray at the Help Desk at 207-892-1908 ext. 5 or rmarcotte@windhammaine.us. Transportation may be available from Age Friendly Windham. Call 207-892-4649 FMI.

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