

## UNDERSTANDING DEATH AND PASSING For you. For those you love.

Is someone you love dealing with death and passing? Do you want to understand more about what happens when we die? How do we give compassion to ourselves and others?

Some of the topics we'll cover are:

- Different states of passing from a holistic perspective
- Managing stress
- Establishing presence within yourself
- What happens when we die
- Communication with your loved one and providers
- Creating a loving place to pass

February 1, 2025 12:00noon - 5:00pm Location: Lake Ann, Michigan Cost: \$175

Call Lisa or check website to register and for more information.



Lisa Wolfe (269) 221-8335 lisa@lisawolfeholisticcare.com