

Five Wishes®

Five Wishes® is a trademark of Aging With Dignity. Workshop materials are provided by St. Joseph Hospital and a community education grant from Whatcom Hospice Foundation.

Local workshop coordinators Karen Ssebanakitta, Helene Irving and Cindy Tobiason, are Registered Nurses with combined experience of 80 years.



This workshop is presented by the Whatcom End-of-Life Council (WEOLC). We embrace a compassionate, collaborative and informed approach to the end of life that respects the culture, values and individuality of the dying and their loved ones. WEOLC strives to inspire and create community-based education, dialogue and action to improve individual end-of-life experiences.

Five Wishes®, a “Living Will” Workshop

During the 2-hour interactive Five Wishes® workshop, participants explore ways to direct their own treatment should they become too ill to speak for themselves. A completed Five Wishes® booklet is recognized as a legal Advance Directive (“Living Will”) in most states. Repeats monthly.

Friday, January 15, 2010 10:30 am – 12:30 pm

Thursday, February 18 12:30 pm – 2:30 pm

Tuesday, March 16 10:00 am – noon



**Workshops are held at St. Luke’s Community Health Education Center
3333 Squalicum Parkway, Bellingham**

NO REGISTRATION. NO FEE. EVERYONE WELCOME.

Can’t attend? Here are some alternatives to help you complete an Advance Directive:

1. Find WA State legal forms with explanations in “Who Will Decide?” a free brochure available at any St. Joseph Hospital registration desk.
2. Contact “Aging with Dignity” (1-888-5WISHES or www.agingwithdignity.org) to order a copy of the Five Wishes® booklet (costs \$5.00).
3. Visit the WA State Medical Association end-of-life resource page at <http://www.wsma.org/patients/endoflife.html> for excellent information and downloadable forms to complete an Advance Directive on your own.

Formed in June of 2000, the Whatcom End-of-Life Council is an all-volunteer project affiliated with Whatcom Hospice Foundation.

Contact us c/o Whatcom Hospice Foundation • 800 E. Chestnut Street • Bellingham, WA 98225 • 360/756-6895

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