

The Last Phase of Life:

Preparation • Caregiving • Embracing the Mystery



Wednesday, May 14 at 10 AM

Exeter Public Library welcomes author and hospice nurse Ellie Atherton. Join us for a meaningful conversation and Ellie's practical guidance on preparing for the final phase of life.

Topics will include:

- **Understanding Advance Directives, Portable DNR, and POLST**
- **When to start planning**
- **Becoming a caregiver**
- **Recognizing the phases: life review, physical changes, last days, death bed visions, and final hours**
- **Having eyes for the mystery and beauty during this sacred time of life**