

## Bucket List Festival

Most of us have a list of things we would like to do before we die. Some like the idea of throwing a dart at a map and traveling to wherever it lands. Others believe that before embarking on an adventure it's good to have a plan. However, as we age, health or medical issues can make ticking things off a bucket list a tad more challenging.

That's why the Chilliwack Hospice Society in partnership with the Chilliwack Division of Family Practice is hosting the second annual **Bucket List Festival** on **Saturday, September 26, 2015 10-3 pm.**

A broad range of experts will provide information and address topics dealing with a myriad of issues we may face as we plan for our future. Enjoy an uplifting day full of valuable information, resources and prizes. The day will end with draws for Bucket List prizes to fulfill some *Bucket List* dreams.

### **Presentation topics include:**

***How to Really "Talk" with Your Doctor*** – Dr. Chantal Chris

***Community Health Care Resources: A Panel Presentation*** – Laura Clarke (RN) Chilliwack Primary Care Senior's Clinic; Lorraine Depow, (RN, BSN) Chilliwack Mental Health Community Geriatric Psychiatry Team, Dr. Ralph Jones, Lead physician, Chilliwack Division of Family Practice, Dr. Neil Hilliard, Hospice Palliative Care Consult Team physician

***Advance Care Planning*** - Cari Borenko Hoffmann, Project Coordinator, Advance Care Planning, Fraser Health

***Planning for Your Digital After-Life*** – Dr. David Thomson – Professor, University of the Fraser Valley

**When:** Saturday, September 26, 2015 10:00-3:00 pm.

**Where:** Chilliwack Alliance Church – 8700 Young Road

**Cost:** \$25. Includes a light lunch and door prizes

Register online at [www.chilliwackhospice.org](http://www.chilliwackhospice.org) or in person at the Chilliwack Hospice Society office – 45360 Hodgins Avenue, Chilliwack, BC