

Be Prepared to Live Your Best Life Through Aging and Illness



Intro to Healthcare Options

Tuesday, January 28 • 2:00-3:00 pm

Symptom Management

Tuesday, February 4 • 2:00-3:00 pm

Advanced Directives and Physician Orders for Life-Sustaining Treatment (POLST)

Tuesday February 11 • 2:00-3:00 pm

Grief, Complicated Grief and Caregiver Fatigue

Tuesday February 18 • 2:00-3:00 pm

Malvern Belmont Downstairs Community Room • Cost: Free

Registration is requested. Participants are strongly encouraged to attend entire series.

Register by contacting Allie Bodge:

288.4770, ext. 122 • allie.bodge@emdiha.org



Mount Desert
Island Hospital

*In Partnership with
Mount Desert Island and Ellsworth
Housing Authorities*