

# UPCOMING FALL CLASSES



**Comfort  
Keepers®**

a *sodexo* brand

253-945-1400

## **FIVE WISHES, THE LIVING WILL WITH A HEART AND SOUL**

**Thursday, September 5, 2019 @ 1:00pm**

**Presented by: Sheila Goodfellow, Certified Senior Advisor, Comfort Keepers**

The Five Wishes Life Planning Tool assists individuals and their families to make important choices about medical care and other vital issues. It is a legal document and acts as a Living Will to clarify your wishes and assist family members when you are seriously ill or cannot make decisions for yourself. The Five Wishes include:

- The Person I Want Making Care Decisions for me When I Can't
- The Kind of Medical Treatment I want or Don't Want
- How Comfortable I Want to Be
- How I want People to Treat Me
- What I Want My Loved Ones to Know



## **EATING WELL TO REDUCE FATIGUE**

**Thursday, November 21, 2019 @ 1:00pm**

**Presented by: Pacific Medical Centers**

Fatigue or exhaustion is a common clinical complaint among older adults. It can significantly interfere with a person's ability to function at home. This workshop will identify factors that affect fatigue. Learn some coping skills and what foods and vitamins can help.

*Class held at:*

**Auburn Senior Activity Center**

808 – Ninth Street SE, Auburn, WA 98002

**Call to register at 253-931-3016**

