The Art of *Living Well*

Clearwater Valley Health

St. Mary's Health

SERIES OF EVENTS:

Wednesdays in March at the Cottonwood Community Hall

These events are FREE and all are welcome to attend.
Light refreshments served.

March 8th
5:30 pm – 7:00 pm

- The Art of Dying Well - Mark Ackerman, PA-C
- Planning for the Future – St. Mary's Health/Clearwater Valley Health Population Health Team
- Nutrition and Aging - Clint Cullins, Registered Dietitian

March 15th
5:30 pm – 7:00 pm

- Wills & Estate Planning – Matt Jessup; Jessup Law, PLLC
- How to Improve Brain Health - Dr. Tom Wonderlich & Dr. Whitney Wonderlich, PharmD

March 22nd
5:30 pm – 7:00 pm

- Hospice Program - How it Works! - Cindy Higgins/ Tara Duclos; Syringa Hospice
- Q&A with Funeral Director – Jeff Blackmer; Blackmer Funeral Home

March 29th
5:30 pm – 7:00 pm

- Medicare, Medicaid, & Long Term Care Insurance – Dominic Lustig; Camas Prairie Insurance
- Resources for the Caregiver – Pam Pearson and Mona Jack; Area Agency on Aging
- Self-Care – Erin Massey, Licensed Clinical Social Worker