



Town of Estes Park Senior Services  
Estes Park Senior Center  
220 Fourth Street  
Estes Park, Colorado 80517  
[www.estes.org/seniorcenter](http://www.estes.org/seniorcenter)

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## **End-of-Life Care**

### **Free program offered February 17**

The public is invited to a free program called *End-of-Life Care* on Tuesday, February 17 from 1:00 p.m. to 2:00 p.m. at the Estes Park Senior Center, 220 Fourth Street. Brenda Fox, M. Div., Chaplain for Hospice of the Estes Valley, will present some of the emerging concepts in relationship to the growing field of end-of-life care. No reservations are needed; just drop in.

Brenda shared comments about the program, "Given our rapidly expanding aging population and the current changes in health care, this topic can create fear and anxiety." Brenda will share a number of resources available to help understand the dying process and the philosophy and practice of Hospice Care. Brenda notes, "We will also share materials available to build a healthy conversation with loved ones closing chapters."

Brenda graduated from Chicago Theological Seminary and has worked in Estes Park since 2011. She enjoys exploring the practical and spiritual implications of wrestling with our mortality; decisions that can guard our dignity at various stages of the dying process; and developing resources and resilience in the face of loss and disease.

For information on Hospice of the Estes Valley, please contact Estes Park Home Care at (970) 586-2273 or visit the Estes Park Medical Center website at [www.epmedcenter.com](http://www.epmedcenter.com).

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Services website at [www.estes.org/seniorcenter](http://www.estes.org/seniorcenter). To receive Senior Services news in your e-mail inbox, please e-mail [lmitchell@estes.org](mailto:lmitchell@estes.org)

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