



Town of Estes Park – Senior Services
Estes Park Senior Center
220 Fourth Street
Estes Park, Colorado 80517
www.estes.org/seniorcenter

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August 4, 2014
News - For immediate release

The Conversation Project – free presentation

The public is invited to a free presentation about The Conversation Project, on Monday, August 18 from 1:00 p.m. to 2:30 p.m. at the Estes Park Senior Center, 220 Fourth Street. No reservations are needed; just drop in for this important program.

It's not easy to talk about how you want the end of your life to be. However, it's one of the most important conversations you can have with loved ones. The Conversation Project offers participants an opportunity to think about how you would want your end of life experience to play out and how to talk about it with the people you care about, before a crisis occurs.

Whether you are getting ready to tell someone what you want, or you want to help someone else get ready to talk, the Conversation Project is intended to help you get your thoughts together and then begin those often challenging conversations about end-of-life care.

The program will also talk about advance directives and putting your health care wishes in writing. Learn more about The Conversation Project at www.theconversationproject.org.

This program is co-sponsored by the Aspen Club of the University of Colorado Health, the Estes Park Senior Center and Estes Park Senior Citizens Center, Inc. The Aspen Club was established in 1989 to provide a wide range of health education, screenings, hospital discounts and social opportunities to residents in Larimer County. For more information on the Aspen Club, please visit their website at www.pvhs.org or call (970) 495-8560 in Fort Collins or (970) 624-1860 in Loveland.

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 Center website at www.estes.org/seniorcenter. To receive Senior Center news in your e-mail inbox, please e-mail lmitchell@estes.org

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