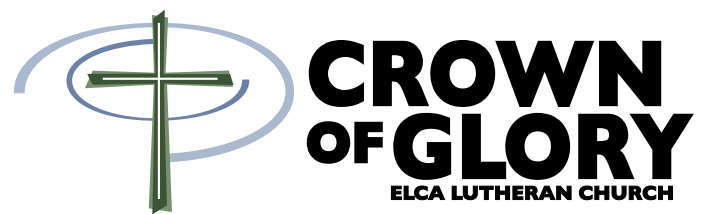


Fall 2019 LUNCH & LEARN

A 4-Part Series For You



"The Art of Aging: Plan Your Roadmap"

As we age, we recognize the need to take care of our minds, our bodies, and numerous housekeeping tasks that go along with living life to the fullest. We also realize the importance of thoughtful planning for our final stage of life. When we plan, we and our families enjoy many benefits including living a happier and healthier life, deciding how our life will be celebrated, and bringing peace to family members now by sparing them from painful decision-making during a stressful time in the future. Don't miss this 4-part series as we delve into each of these topics thoughtfully, pragmatically, spiritually, and sometimes even humorously.

All sessions include lunch, are FREE and open to everyone. Please join us!

RSVP crownofglorychaska@gmail.com or 952-448-3230.

September 17, 11:30 a.m. - 1:00 p.m.

"A Healthier You Is Only a Habit Away"

Learn how making one small change at a time can lead to the new habits and building a healthier lifestyle. We will discuss managing healthy food choices, taking care of our bodies, increasing our activity mindset, developing stress management skills and more. Attendees receive a free "Become the Change" personal planner.

Presented by
Terri Mattson,
Motivational Speaker and Coach
Beginning Today Lifestyle Wellness, LLC



November 19, 11:30 a.m. - 1:00 p.m.

"Take Charge of Your Funeral"

Why plan ahead? Taking charge of your funeral planning results in peace of mind for you and lifts the burden from your family during a stressful time. Funeral arrangements are a deeply personal choice. Pre-planning provides you with the time needed to make practical, detailed decisions that reflect your standards, lifestyle, taste and budget. Receive information and tips on how to get started, including music and scripture ideas.

Presented by
Matt Hendrickson
Owner/Funeral Director
Bertas Funeral Home &
Cremation Services



Pastor Reggie Klindworth
Senior Pastor
Crown of Glory Lutheran Church



October 29, 11:30 a.m. - 1:00 p.m.

"Does The Thought Of Downsizing and Moving Overwhelm You?"

Learn tips that will help if you are considering an upcoming move or simply want to declutter for the future. From downsizing, sorting, getting rid of the excess, to packing, unpacking and resettling, you will gain valuable knowledge and a multitude of resources to help you get through the process "gently". Join us for this fun and motivating presentation.

Presented by
Jill Freeman
Senior Move Specialist and Professional Sorter
Gentle Transitions



December 12, 11:30 a.m. - 1:00 p.m.

"The Life and Death Comedy Show"

A hilarious look at how to prepare for the inevitable. A lack of end-of-life planning leads to mistakes concerning life-saving measures and long-term care. This can result in traumatic issues for family and loved ones, as well as serious complications for health care organizations. This presentation combines humor, education, and audience interaction to create an experience that enlightens and well as entertains.

Presented by
Stevie Ray, Executive Director
Stevie Ray's Improv Company

