
Death is 100% going to happen and it doesn't have to be scary.

Learn the signs and symptoms of approaching death, what to do to make yourself and your loved one more comfortable, and how to manage after death care and decisions.

Tanya Hanson is an end of life educator, death doula, speaker, and author of the book, *Mundane to Magical; Creating Moments of Awareness in Everyday Life*. She has over 15 years of experience in hospice as a massage therapist and hospice volunteer. Tanya is an accomplished Toastmaster and a member of the Minnesota Death Collective. She is committed to normalizing death and educating those who want to support their loved ones through that process.

This 20 - 45 minute program will show you how to:

- Be with others at the end of life
- Know the signs of nearing death
- Take care of your own needs
- Provide comfort in non medical ways
- Find comfort in after death rituals



What attendees have shared about the class

Creating Comfort for the Dying:

"I absolutely loved OUR CLASS! You shared so much & answered a lot of my questions."

"I have been a hospice volunteer for years and I loved learning more ways to support those I serve."

"...was very helpful"



Additional speaking topics include:

- Green Burial Options
- Creating Rituals
- End of Life Tender Conversations

For more information contact: tanya@tanyahanson.co 320.894.0902