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# End of Life Tender Conversations

Have you thought about your death? Have thought about who would make decisions for you if you couldn't communicate? Does anyone really know what is important to you in your after death care?

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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 program will show you how to:**

- Start tender conversations about yours or a loved one's wishes at end of life
- Fill out advanced health directives
- Understand the ramifications of DNR/DNI
- Make decisions about after death care



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**What listeners of Tanya's presentations have shared:**

'I wasn't sure what to expect but it was wonderful. I came in with an open mind. Very difficult topic to speak on and Tanya did wonderful. Talked very gently and was very understanding.'

"Kind words backed by experience and observation are delivered by Tanya. Her advice to me, when talking about matters I'd rather pretend are not happening, are practical, helpful, honest and most of all thoughtful."



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**Additional speaking topics include:**

- Green Burial Options
- Creating Rituals
- Creating Comfort for the Dying

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