



# In the end... what matters most to you?

Join our Community Conversations during National Palliative Care Week

Are you and your loved ones keen to learn more about the services and community supports available in relation to ageing, loss, dying and grief?

Join us at our Community Conversations where local palliative care experts will provide information and resources to help us all think about what's important to live a full and comfortable life, right to the very end.

These sessions are a safe and friendly space to have the conversation, learn from others, and ask questions about the decisions that matter most to you.

**Refreshments and FREE resources provided**

## Topics covered include:

- navigating end-of-life matters
- dying as being a normal part of life
- myth-busting palliative care
- advance care planning

## Join our Community Conversations

### South Tweed

Date: Monday 20 May

Time: 9-11 am

Venue: South Tweed Sports Club

### Yamba

Date: Monday 20 May

Time: 2-4 pm

Venue: Yamba Bowling Club

### Bellingen

Date: Tuesday 21 May

Time: 9-11 am

Venue: Cedar Bar

### Port Macquarie

Date: Tuesday 21 May

Time: 2-4 pm

Venue: Port Macquarie CWA Rooms

Register or learn more here:

[events.humanitix.com/healthy-north-coast-community-conversation-events](https://events.humanitix.com/healthy-north-coast-community-conversation-events)



Mid North Coast  
Local Health District

Northern NSW  
Local Health District

The Healthy North Coast Community Conversation events are supported by funding from the Australian Government through the PHN Program