

## Osher Lifelong Learning Institute at the University of Delaware

**Category:** Health & Wellness  
**Title:** Get Your Ducks in a Row  
**Instructors:** Nicole Fullmer and Myriam Khalifa  
**Format:** Lecture, Discussion, Active  
**Timing:** Half-day workshop (3.5 – 4 hours)

### **Description:**

Let's face it, talking about end-of-life decisions is *not* routine dinner conversation. Yet it's critical to discuss sooner rather than later. During this workshop, we'll guide you in activities designed to help clarify & document your goals & preferences for an Advance Directive by formalizing what matters most to you. Time will be spent on self-reflection, legacies, & what you'll pass from one generation to the next. You'll also have the opportunity to determine how to share your life story.

### **Course Layout/Plan**

Section 1: Self Reflection (Myriam)  
Section 2: Advanced Directives (Nicole)  
Section 3: Your Legacy (Myriam)  
Section 4: Your Farewelling 5 (Nicole)  
Section 5: Conversations & Moving forward (Nicole)  
Section 6: Wrap-Up & Resources (Myriam & Nicole)