



## Free Interactive Workshop

PalCare is pleased to offer  
Free Interactive Workshop

# End-of-L.I.F.E (Legacy, Intentions, Freedom, Empowerment)

Facilitated by:  
**Arlene Hearn**  
Certified Life and Grief Coach  
and End-of-Life Doula

**Wednesday, July 15, 2026**  
**1:00 PM to 2:30 PM EST**  
**In Person Margaret Bahen Hospice**

Register at  
<https://www.mypalcare.org/workshops>

