

## MEDIA ADVISORY

### North East LHIN Hosts a **Death Café**, April 22

A survey by the charity *Dying Matters* reveals that more than 70 per cent of us are uncomfortable talking about death and that less than a third of us have spoken to family members about our end-of-life wishes.

On April 22, the North East Local Health Integration Network (NE LHIN) invites **members of the public** to enjoy a slice of cake, and coffee and tea, as we talk about what is considered by many to be a taboo subject - death. A Death Café is a way of beginning a conversation about death through group discussion to normalize something we will all experience. It is not grief support or counselling.



Sudbury's first Death Cafe is being held April 22, just one week following Advance Care Planning Day (April 16). Advance care planning is a time to talk about what gives our lives meaning and to begin conversations with our friends and family about what we value and how we want to live out the finite time we have on this planet. Advance care planning is a process of thinking about and sharing your wishes for future health and personal care. It can help you tell others what would be important if you were ill and unable to communicate.

Sudbury Poet Laureate Kim Fahner, Former Poet Laureate Daniel Aubin, along with Martin Lees will open the café with a few poems reflecting on life and death.

#### **Sudbury Death Café**

**When: 2 to 4 pm, Friday, April 22, 2016**

**Where: The Laughing Buddha, 194 Elgin Street**

**Cost: Free, however space is limited and RSVP a must -- 705-674-1492 or [lara.bradley@lhins.on.ca](mailto:lara.bradley@lhins.on.ca). First come, first served.**

#### **Background:**

- Since starting in 2011, Death Cafés, considered a “social franchise,” have spread around the world with 2,955 held so far. [www.deathcafe.com](http://www.deathcafe.com)
- For those wanting to continue the conversations afterwards with their families and friends, Advance Care Planning workbooks and guides can be found at [www.advancecareplanning.ca](http://www.advancecareplanning.ca)

For More information or to RSVP to this event please contact Lara Bradley, North East LHIN Communications Officer at 705-674-1492 or [lara.bradley@lhins.on.ca](mailto:lara.bradley@lhins.on.ca)