

# Prepare for Your Care

## Living with Serious Illness



Palliative care helps people with serious illness & their families. This panel discussion will cover:

- pain & symptom management options
- emotional & practical supports
- How to advocate
- Advance care directives.

Led by the palliative care team, UMass Memorial Medical Center

**Date: Monday November 4, 2019**

**Time: 7:00 PM**

**Shrewsbury Public Library, 609 Main Street, Shrewsbury**

This program is part of a community-wide project entitled "Dancing around the Hard Topics" a reading, viewing and discussion program . While focused on the the book [Being Mortal: Medicine and What Matters in the End](#) by Dr. Atul Gawande, the project also looks at the many ways people embrace life at all ages.

**Free and Open to all. For more information please call the Library at 508-841-8609**

### **Project Funders and Supporters**

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