



Dying Well

Exploring the Spirituality of Dying

PROGRAM Through our stories and experiences we can find purpose, meaning and our life's legacy to transform our spiritual existence to the end to make death a purely sacred process. This class is designed to create a sense of community and to engage on a deep personal level to talk about dying. The wisdom gained will help construct a renewed sense of our spiritual dimension to gain a sense of freedom from the negative emotional hold of facing death.

DATE Monday, January 21 and runs weekly until Monday, February 18, 2019

TIME 9:00 AM to noon. Gathering and coffee begins at 8:30 AM each class.

TUITION \$289

LOCATION Des Moines Pastoral Counseling Center, 8553 Urbandale Ave., Urbandale, IA 50322

REGISTRATION Register online: www.dmpcc.org/dyingwell or Call: 515-274-4006

LEARN MORE Contact Carla at: ccain@dmpcc.org

FACILITATORS



Carla Cain, MBA, MDiv., is a pastor and trained End-of-Life Doula. Her current work is consulting with congregations on strategic planning, conflict transformation, church leadership and a focus on working with the dying. Carla discerned her call to ministry after spending 30 years in the corporate world where she was involved in business development, human resources and cultural transformation work. Carla has an expertise and passion for personal mastery that leads to living well and dying well.



Diane McClanahan, B.S.N., M.Div., is the Director of Leadership and Spiritual Life at The Center. She holds a bachelor of science degree in nursing from Duke University and a master of divinity degree from Yale Divinity School.