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PRESS RELEASE **FOR IMMEDIATE RELEASE March 12, 2007**

HOSPICE OF SAN JOAQUIN TO OFFER WORKSHOP SERIES IN TRACY

Preparing for Life's Final Journey

Living with a terminal illness doesn't mean that life ends at the moment of receiving the diagnosis. As the end draws near an overwhelming flow of emotions and challenges leave us and our loved ones wondering how to cope as life begins to change and throw us into unfamiliar territory. Hospice of San Joaquin is offering a series of workshops free of charge to provide practical information and guidance to help us overcome our fears and find ways to embrace life as we journey toward a dignified and peaceful death. This is an excellent resource for anyone who is caring for ailing parents or family members, individuals who work with the sick and elderly, and those who are faced with their own serious illness.

Workshop will be held on 3 consecutive Tuesdays:
Tracy Public Library Wadsworth Room, 20 E. Eaton St., Tracy, CA, 1:00 – 3:00 pm

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| March 27 | <i>Final Choices</i> | Barbara Wanzer, LCSW, Hospice Social Worker |
| April 3 | <i>Care & Needs of the Dying</i> | Audrey Wuerl, RN, BSN, Hospice Education Coordinator
Rev. Jim Russow, Hospice Chaplain |
| April 10 | <i>How to be a Supportive Presence</i> | Lee Johnson, Hospice Bereavement Coordinator |

These 3 sessions will fulfill a portion of the volunteer training requirement for those interested in pursuing a volunteer role with Hospice of San Joaquin. For additional information regarding the classes or how to become a volunteer contact Julie Lofy at 957-3888. Funded in part by a grant from United Way, Tracy Community Council.