



FOR IMMEDIATE RELEASE

Media Contact: Sara E. Wacker, APR
858-945-1104 (cell) / Sara@SaraWackerAPR.com
(For media use only; not for publication)

**St. Paul's Senior Services Hosts Free Educational Workshop Series,
"Plan for Tomorrow, Today"**

*****Final workshop of 2019; End of Life Planning, Saturday, Nov 2*****

SAN DIEGO, CALIF. (Oct. XX, 2019) – St. Paul's Senior Services hosts a free workshop series – St. Paul's Educational Series, "Plan for Tomorrow, Today." The workshops take place every other month from 9:00 a.m. to noon. The final workshop of the year will be Saturday, Nov. 2 and will focus on End of Life Planning, taking place at St. Paul's Plaza, 1420 E. Palomar Street, Chula Vista (91913).

This workshop will cover planning your final wishes, including options and how to communicate them, Hospice and Palliative care, as well as the grieving and healing process.

"As we age, or experience our parent's aging, we hear terms we don't understand, and we seek services that are confusing to us," said Amanda Gois, Corporate Marketing Director at St. Paul's Senior Services. "St. Paul's is here to make life's aging journey less stressful. We're bringing together several of San Diego's most knowledgeable senior care industry experts to offer resources and tips to help San Diegans navigate this time in their lives or understand what is needed to help care for their parents."

These events are geared toward seniors, family caregivers, adults with aging parents, and concerned baby boomers. This series also includes an exclusive St. Paul's Planning Binder to help organize and file essential documents.

The workshops are free, but reservations are requested. Space is limited; RSVP to Linda Spence at lspence@stpaulseniors.org or (619) 239-2097. A light breakfast will be provided.

###

BACKGROUND ON ST. PAUL'S SENIOR SERVICES

St. Paul's Senior Services is a mission-driven San Diego non-profit and full-service senior care provider, offering Independent Living, Assisted Living, and Skilled Nursing, a Child Care and Senior Day Care Program, and a Program of All-inclusive Care for the Elderly (PACE). Since opening its doors in 1960, St. Paul's serves as an innovator in the San Diego community with a reputation for exceptional care. For more information on St. Paul's Senior Services, please visit www.StPaulsSeniors.org or call 1(619) 239-6900.