

*We believe in the power of love and goodness.*

# YoloCares Presents: The Soul's Legacy



## What is Soul's Legacy?

The Soul's Legacy is a unique end-of-life advance planning program that facilitates deeper relationships and more purposeful living in the now. The program enables preparatory work on behalf of our "future selves" and our lifetime loves. It makes present, powerful end-of-life perspectives that motivate more meaningful living today.

Join us for seven 90-minute sessions where members learn together and share their reflections from personal work for each week's content. **This program is most suitable for those 50 and above.**

## Schedule and Topics

Classes will meet Thursdays from 10:00 - 11:30am at Davis Community Church via zoom and with an in-person option if Covid restrictions ease.

**April 7:** Defining the problem of existential suffering and its possible antidotes

**April 14 & 21:** Cultivating meaning through mining our soul's treasures and life story

**April 28:** Accepting uncertainty and its impact on personal beliefs

**May 5th & 12th:** Combating isolation despite relational wounds and connecting through blessings

**May 19th:** Reflecting on death for opportunities to re-engineer our now

## YoloCares

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[www.yolocares.org](http://www.yolocares.org)

## RSVP Today!

Call **530-601-5778** to RSVP or to learn more about the Soul's Legacy Program.

## Soul's Legacy Creator

Fred Grewe is a Board-Certified Chaplain with a Doctor of Ministry from the Pacific School of Religion who works for Providence Hospice in Medford, Oregon. Soul's Legacy was developed for his dissertation research and the lessons more than 3,000 clients taught him about dying.

## Program Facilitator

Marcia Harris Brim is a certified Soul's Legacy facilitator, a former family caregiver while both her parents were on Hospice, and a second-year grad student in Gerontology and Social Work.

