



# EMPATH HEALTH SERIES



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## Upcoming Topics

**Feb. 16 - Empath Honors Veterans**

**Mar. 16 - EmpowHERed**

**Apr. 20 - Complete Your Living Will**

**Community Meeting Room | 1 PM | 223 Douglas Ave. Dunedin. FL. 34698**

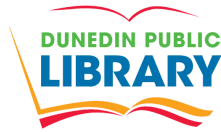
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See full descriptions of each program on the back.



[www.dunedingov.com/library](http://www.dunedingov.com/library)  
727-298-3080 ext: 1707

Room location, time and date of program are subject to change.



## TOPIC DETAILS

### **Feb. 16 - Empath Health Honors Veterans:**

Empath Health is a proud level 5 partner of *We Honor Veterans*, a national program focused on respectful inquiry, compassionate listening and grateful acknowledgment. By recognizing the unique needs of America's Veterans and their families, Empath Health staff and volunteers support veterans and their families on their healthcare journey. Please join Trudy Beeler, Veteran Community Partnership Specialist to learn more about how Empath Honors Veterans.

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### **Mar. 16 - EmpowHERed:**

In honor of Women's Health Month, come and be empowHERed, because aging isn't optional, but knowledge is.

In the United States, women make an incredible 80 percent of health care decisions, according to the U.S. Department of Labor. They also use health care more than men.

Topics include:

- Health care jargon demystified
  - Recognizing the signs that you might need a little help
  - Stopping the hospital, rehab center, home cycle from repeating itself
  - The right healthcare at the right time as you age
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### **Apr. 20 - Complete Your Living Will:**

In honor of healthcare decision day...complete your living will!

Topics include:

- Choosing a Healthcare Surrogate
- Medical Choices
- Make it personal with a message of guidance for your family