"Planning is bringing the future into the present so that you can do something about it now."

-Alan Lakein

Did you know..

* 78 million baby boomers are turning 65 now
* Caregivers face exhaustion and not enough of them who are stepping up
* 9 out of 10 people polled want to be kept at home if terminally ill
* 7 out of 10 families get to hospice too late
* End of Doulas will change how to handle end of life care
* Only 35% of people in the USA have a Will

"Some people come into our lives, leave footprints on our hearts, and we are never the same."

– Unknown

Want to learn more?

Mari-Lyn Harris CKO, Transition Coach & End of Life Doula

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https://bio.link/heartatwork

Appointments: https://go.oncehub.com/Mari-Lyn

"Providing emotional, spiritual, companionship with a holistic approach to life."

Have you thought about..

What would you regret if you didn't create an exit strategy?

- *By not spelling out your wishes, medical matters will get complicated*
- *By leaving your loved ones in a mess. (I know, I was left with one)*

Legacy planning

- ➤ *Will leave your friends & loved ones knowing how to honor your wishes.*
- ➤ *Adult children would like to know to help their parents*
- ➤ *For personal & businesses*

Would you like to know more?

Heart@Work LLC

Transition Coaching & Advocate Services

Our Services

- *Traveling & Tele Doula*
- *Forgiveness & unresolved issues*
- *Suggest the best interventions to aid care & comfort*
- *Help planning the Vigil*
- *Write the Obituary & Eulogy*
- *Creating remembrances for the patient & family*
- *Walk the person home as a companion*
- *Be a supportive presence before & after for the family*

Other Services

- *Transition Coaching*
- *Pre-Care planning*
- *Advance Health Directives*
- *Legacy planning work*
- *Social Media accounts shut down*
- *Wills*
- *Referrals*
- *Resources*
- *In person or Tele services*
- *Workshops, newsletter and Cafes*