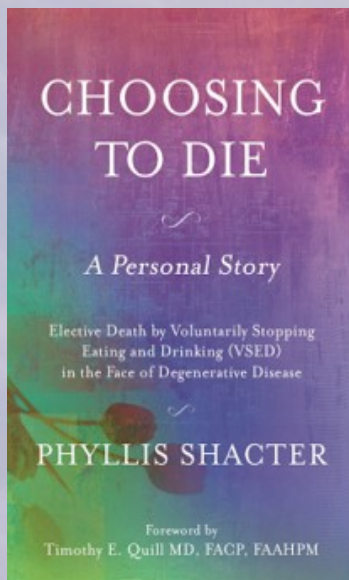


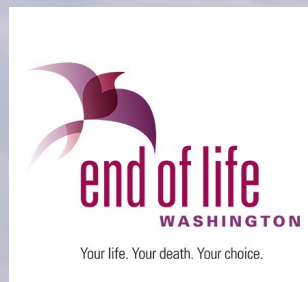
Voluntary Stopping Eating and Drinking (VSED) Presentation

Tuesday, Oct 17, 10:15am-12pm. Free.

Voluntarily Stop Eating and Drinking (VSED) means to refuse all food and liquids, including those taken through a feeding tube, with the understanding that doing so will hasten death. Join us for a thoughtful discussion on this subject. Phyllis Shacter is an advocate for expanding end of life choices. Her book, *Choosing to Die*, is the



first personal story written about VSED. She will share the journey she took with her husband, Alan, once he decided to use VSED after he considered his options. *Choosing to Die* will be available for purchase and signing after the presentation.



Sally McLaughlin is the executive director of End of Life Washington and will speak on her organization's view on VSED and practical considerations of this process.

RSVP: 206.297.0875

Greenwood Senior Center
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