



**Funeral Consumers Alliance of the Triangle**  
(Formerly: Memorial Society of the Triangle)

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## **MEDIA RELEASE**

--for release upon receipt

*Good to Go for the Rest of Your Life* is the topic of a public workshop for persons who want or need to move, who just want to simplify their lives, or who want to reduce stress relating to health care and other decisions they are facing as they age — or for persons who care for or are concerned about relatives and friends in these situations.

*Good to Go...* is scheduled for Saturday, 13 April from 2:30 to 4:30 pm at the Eno River Unitarian-Universalist Fellowship in Durham

The workshop will focus on:

- Things/Storage – The actual physical stuff —money, clothes, jewelry, decorative objects, art, personal creations
- Baggage – Emotional/Psychic —people, ideas, grudges, regrets
- Advance Planning for health care and funerals, paperwork, body disposition

Place: Eno River Unitarian-Universalist Fellowship (ERUUF),  
4907 Garrett Rd, Durham, NC 27707, (close to Hwy15-501 between Durham and Chapel Hill) 919-489-2575 (Driving directions: <http://eruuf.org/Directions/Map/driving-directions.html>)

More information: [info@fcat-nc.org](mailto:info@fcat-nc.org) or 919.787.2463