

Would you like to make the lives of your loved ones easier and more enjoyable?

If so, begin “Filling your Boal**” with the help of Long Memories, LLC!

**** Binder of a Lifetime** (Boal), is a systematic, phased approach to assembling important thoughts and information in one place, providing**

1. less family stress (“they have the answers”) ... plus peace of mind for you;
2. opportunities for meaningful conversations with friends and family NOW;
3. comfort and depth of personality for current/future family members;

To get started, attend our workshop on Tuesday, November 22, from 10:00 am – 2:00 pm. Workshop cost is \$10 (covers binder and printed materials) with lunch available (for an additional \$2-\$5 donation.) Workshop location is Wood County Senior Center, 305 N Main St, Bowling Green. Register at 353-5661

Binder of a Lifetime “chapters” are customizable to you and may include:

- About Me (background Q’s, biography, autobiography – it’s up to you;)
- Key Info (major life details, locations of key materials;)
- Wills/PoA (Values worksheet, Will, Living Will, Durable Power of Attorney;)
- Reflections (Bucket List, Perfect Day, Wheel of Life;)
- Pictures (selecting your 100-200 favorites;)
- Things (origins & to whom they should go, computer accounts/passwords;)
- Spiritual (Statement of Faith, Favorite Songs, Scripture; Readings;)
- The End (service details, burial/cremation, Conversations of a Lifetime;)
- “ _____ ” (unique and specific to your life)

More details at our website here: www.BinderofaLifetime.com