

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 Friday, April 8, from 10:00 am – 2:00 pm. Workshop cost is \$15 (covers binder, tabs, printed materials and lunch donation) and is held at Anderson Senior Center, 7970 Beechmont Ave., 45255. Register by leaving name, phone number and email address at 513.225.2335.

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: <http://www.BinderofaLifetime.com>