

You've probably heard of First Aid, but maybe not Last Aid?

Death is a part of life, yet we often avoid talking about it.

Join our Last Aid course !

Death is something that will affect all of us one day, but many of us are not prepared to care for a loved one who is dying, and cope with grief and bereavement.

During our Last Aid course, you'll deepen your understanding of this important topic, learn about the support services available, and pick up simple practical skills.

The course is free of charge, in English and covers topics like:

- Death as a normal part of life
- Planning ahead and making decisions
- Relieving suffering
- Final goodbyes

Everyone is welcome (>16y) - no prior knowledge or experience needed.



Date

Friday 29th January 2027

Time

10.00 - 16.00 (includes breaks)

Location

**Ligue vaudoise contre le cancer
Ave d'Ouchy 18, Lausanne**

Cost

Free of charge

Food and drinks

**Please bring your own lunch.
Coffee, tea and water available.**

More information

info@palliativevaud.ch



Testimonials

"Hearing people talk about death with such sensitivity, lightness, and kindness is exactly what I experienced during the Last Aid course."

"I appreciated hearing that our feelings of helplessness are normal and entirely legitimate. The space provided during the course for listening and exchanging experiences is wonderful."

Organised with the support and collaboration of:



Register here: <https://palliativevaud.ch/ds>

