

For Immediate Release
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The Bucket List Festival – March 4th and 11th **Make the most of life when time is limited**

Victoria – What’s on your bucket list? As people age, ticking things off the list becomes a priority. For some, though, health and mobility issues can present seemingly insurmountable challenges.

For when time is limited, the [Victoria Hospice Bucket List Festival](#) provides useful tips and guidance. The popular 4th annual public education event is now running over two half-days on **Saturday, March 4 and Saturday, March 11, from 9 am – 12 pm** at a new location this year: The Wellesley, 2800 Blanshard St.

While the Bucket List Festival deals with challenges at the end-of-life, it’s by no means a sombre affair. Created by Dr. Pippa Hawley, head of palliative medicine at UBC, who created the first event in Vancouver, the festival’s goal is to help people get the most out of the time that’s left.

“The festival is informative, interactive – even fun,” says Dr. McGregor medical director at Victoria Hospice. “It brings death out of the shadows, reminding us that it’s okay to speak openly about end-of-life issues. It does not always have to be sad and difficult; in fact, these info sessions can help to empower people and calm fears they may have.”

This year’s presentations include:

Saturday, March 4

- Advance Care Planning
- Travelling while Ill
- The Gift of Caregiving
- How to Really Talk to your Doctor

Saturday, March 11

- Symptoms Management
- A presentation by Record Me Now
- Holding a Living Wake

New this year! Live musical entertainment to lift the spirits and soothe the soul, a visit from a Pacific Animal Therapy Society dog to provide some fuzzy comfort, and lots of draw prizes such as IMAX tickets, EagleWings whale watch tickets, a hotel stay at Harbour Towers, and much more!

This event sells out every year so we encourage people to purchase tickets now. Tickets are \$8 for two days or \$5 for one day and are available online at victoriahospice.org/bucket-list.

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Media Contact

Jen Cooper, Manager, Communications & Marketing

Tel: 250-519-1729 Email: jennifer.cooper@victoriahospice.org Web: www.victoriahospice.org