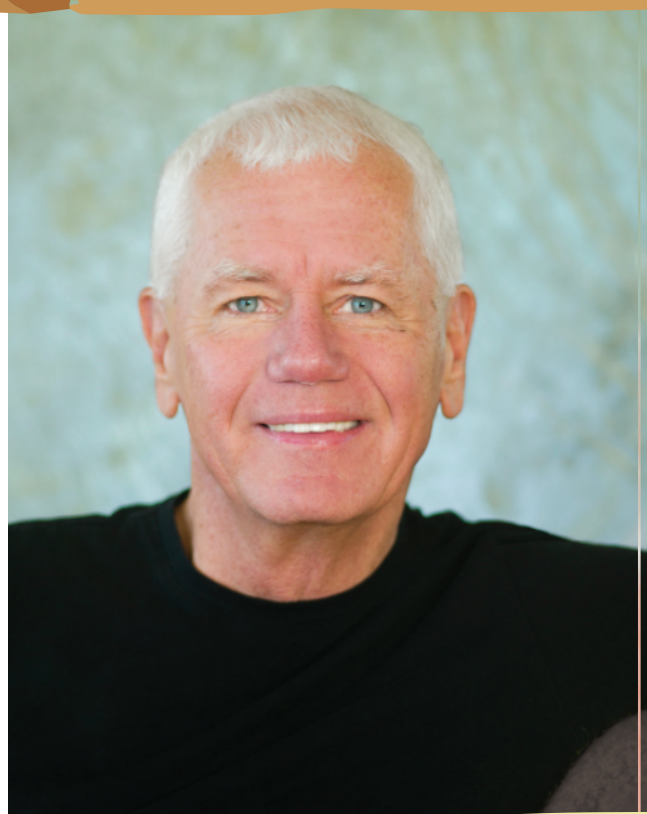


AN EVENING WITH

FRANK OSTASESKI



JOIN US ON

THURSDAY,
MARCH 22, 2018
7:00 – 9:00 PM

THE
MARJORIE LUKE THEATRE



SANTA BARBARA JR HIGH

THIS EVENT IS FREE AND OPEN TO
THE COMMUNITY.

ATTENDEES MUST REGISTER AT
WWW.HOSPICEOFSANTABARBARA.ORG



OF SANTA BARBARA, INC.

A Volunteer Hospice Organization

FOR MORE INFORMATION PLEASE CONTACT CHERYLL PUYOT AT (805) 563-8820
MR. OSTASESKI WILL BE SIGNING BOOKS FOLLOWING HIS TALK

HOSPICE OF SANTA BARBARA COMMUNITY EDUCATION AND ENGAGEMENT SERIES

presents:

THE FIVE INVITATIONS WHAT THE DYING TEACH THE LIVING

Death is not waiting for us at the end of a long road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight, helping us to discover what matters most.

Life and death are a package deal. They cannot be pulled apart and we cannot truly live unless we are aware of death. The Five Invitations is an exhilarating meditation on the meaning of life and how maintaining an ever-present consciousness of death can bring us closer to our truest selves.

Frank Ostaseski is an internationally respected Buddhist teacher and visionary cofounder of the Zen Hospice Project, and founder of the Metta Institute. He has lectured at Harvard Medical School, the Mayo Clinic, Wisdom.2.0 and teaches at major spiritual centers around the globe. His groundbreaking work has been highlighted on *The Oprah Winfrey Show* and honored by H.H. the Dalai Lama.

SPONSORSHIP OPPORTUNITIES ARE AVAILABLE