

Dear PALPRAC community,

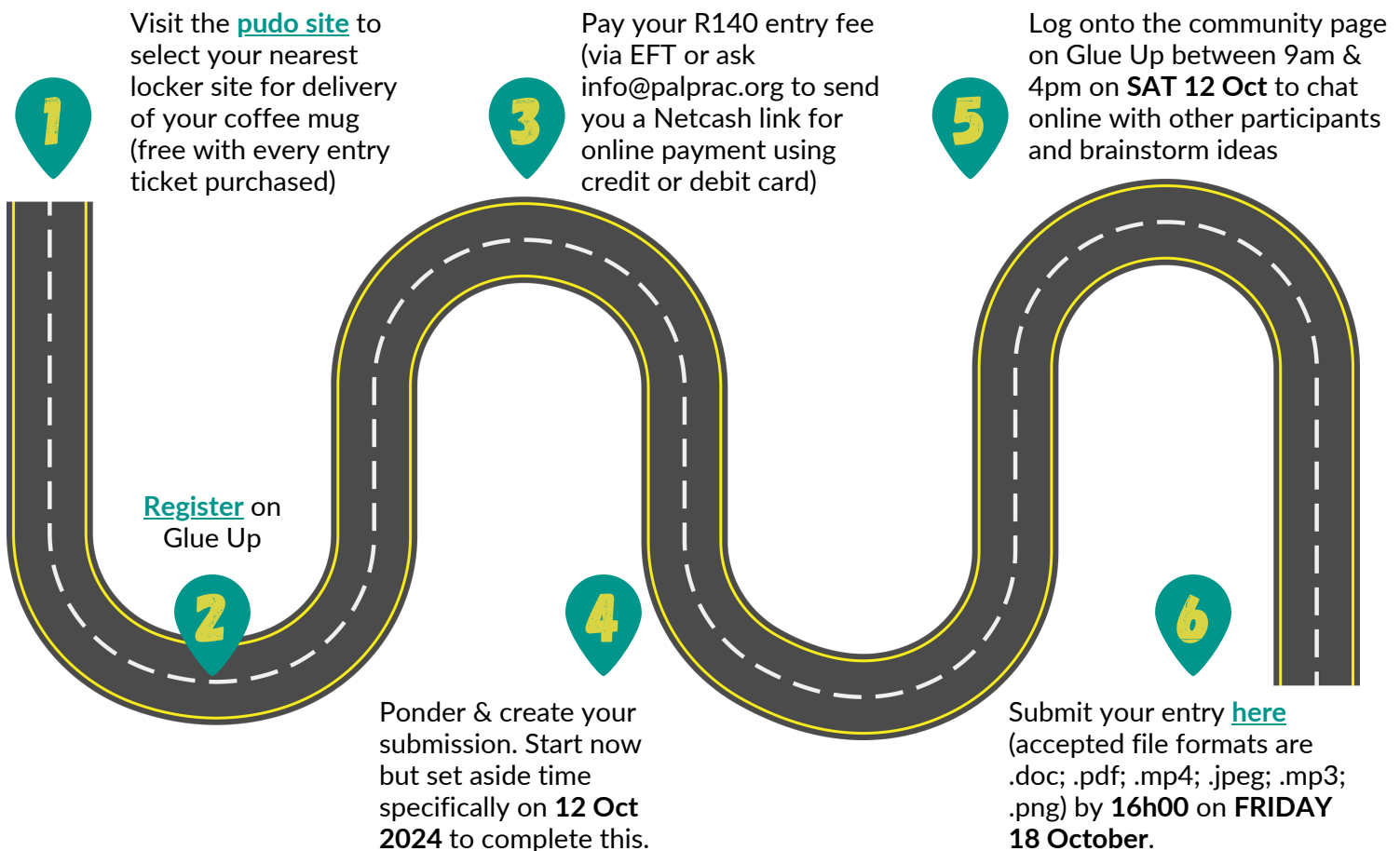
We are excited to announce a special project to celebrate World Hospice and Palliative Care Day on 12 October. This year, we are creating a collaborative e-book titled

**10 years since the resolution - how are we doing? PALPRAC wants to know: Where are you at??** and we want **YOU** to be part of it!

Whether you're a healthcare professional, a patient, a caregiver, or an advocate, your voice matters. We're inviting personal, creative submissions from you that reflect on the progress we've made in palliative care over the past decade and your vision for the future. Submissions can be in the form of poems, videos, short abstracts, artwork, photographs or personal stories. All submissions will be compiled into a beautiful e-book that will be shared with participants, and the greater PALPRAC community!

With your registration for this event, you'll receive a PALPRAC coffee mug (delivered to your nearest Pudo locker) and we encourage you to enjoy your favourite hot beverage in this mug while you contemplate your entry.

## Steps to Participate



**Get creative and share your unique journey from the past decade, and where you envision the future of palliative care. Whether it's a story, experience, or vision, we want to be inspired by your perspective. Now's your chance to wow us with your creativity!**