

You are invited to attend
Hawaii Author Annette Kam, RN

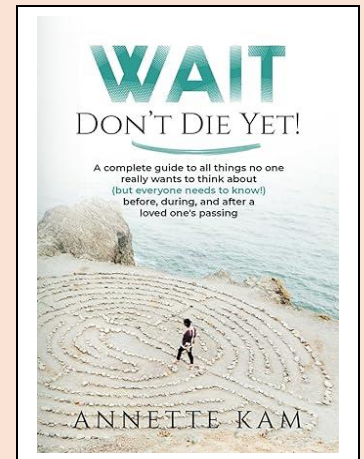
WAIT, DON'T DIE YET !

A complete guide to all things no one really wants to think about (but everyone really needs to know) before, during, and after a loved one's passing.

**August 28, 2025
12:00 PM to 1:00 PM**



Presented by the Bereavement Network of Hawaii & Kokua Mau



Register at: <https://us02web.zoom.us/meeting/register/RO0gjznXQnetotIvoKJklg>

After registering, you will receive a confirmation email containing information about joining the meeting.

Annette Kam retired in 2015 after 42 years as an Registered Nurse at Kapiolani Medical Center. She is also the founder and past president of iFoG, informed Fibromyalgics on Guaifenesin (pronounced GWY- FEN-EH – SIN), a non profit organization she founded in 2003 to help fibromyalgia sufferers regain hope.

In 2020, she became aware that many of our kupuna don't realize what they don't know after being blindsided for 2 years with unforeseen and heart wrenching challenges that could have been avoided when her father-in-law and subsequently her mother-in-law passed away. She felt a new calling, stepped down from her nonprofit and pivoted her focus to assisting others in preparing for the passing of a loved one for a smoother transition and to allow time for grieving.

Her book **“WAIT – Don't Die Yet!”** has been featured on TV, radio, podcasts, and in numerous publications. She has also been doing talks for the last 4 years that have impacted change by educating the public. Her book to date has reached 44 states and 18 countries.

Please join us for this important, informative 45 minute presentation from Annette Kam discussing her journey and her current work of helping others. She freely shares her book as a PDF and a Guidebook on her website <https://annettekam.com/>

Questions? Email al03hi@gmail.com or call (808) 741-5733

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