

HAVE YOU HAD THE TALK? FREE ADVANCE CARE PLANNING SESSIONS

ADVANCE CARE PLANNING ALLOWS YOU TO HAVE A SAY IN THE HEALTH CARE YOU WILL RECEIVE IF YOU ARE TOO SICK TO SPEAK FOR YOURSELF. IT'S A WAY TO REFLECT ON YOUR VALUES, BELIEFS AND WISHES SO THAT YOU CAN MAKE YOUR OWN HEALTH CARE DECISIONS. BY DISCUSSING AND DOCUMENTING YOUR WISHES WITH YOUR LOVED ONES AND HEALTH CARE PROVIDERS, THEY WILL BE BETTER ABLE TO ACT ON YOUR BEHALF WHEN NEEDED. OUR ADVANCE CARE PLANNING WILL DISCUSS:

- ♥ WHAT ADVANCE CARE PLANNING IS
- ♥ WHY IT'S IMPORTANT
- ♥ HOW TO COMPLETE YOUR OWN PLAN



ADVANCED CARE PLANNING SESSIONS

Sponsored by



FEBRUARY SESSIONS

February 18 & 25

12:30 pm – 2:30 pm

MARCH SESSIONS

March 8 & 22

12:30 pm -2:30 pm

APRIL SESSIONS

April 5 & 19

10:00 AM to noon



**REGISTRATION IS REQUIRED
FOR ALL SESSIONS**

TO REGISTER PLEASE CALL
250-914-4401

Location:
Campbell River Senior's
Centre
1426 Ironwood Rd.