

# Advance Care Planning: Who Will Decide if You Can't

If a sudden illness or injury left you unable to speak for yourself, who would you want to speak for you? What would you want them to know about your goals, values and preferences? Advance care planning is a process that helps you:

- Think about your healthcare goals, values and preferences.
- Consider healthcare choices you may have to make in the future.
- Talk about your choices with your doctor, your healthcare agent, and other loved ones.
- Make a written plan for the future to create your advance directive.

Join us in thought-provoking conversation to help make your preferences known. Learn vocabulary, reflect on your goals and values, choose a healthcare agent, explore goals for treatment, and take the first steps toward completing an advance directive.

**Wednesday, July 17** at 6:00 pm at Stellis Health - Monticello Clinic  
Call Michelle at 763-271-3816 to reserve your seat.

**Friday, August 9** at 2:00 pm at Stellis Health - Albertville-St. Michael Clinic  
Call Tammy at 763-684-8331 to reserve your seat.

**Friday, September 20** at 2:00 pm at Stellis Health - Buffalo Clinic  
Call Deb at 763-684-3637 to reserve your seat.

Following the discussion, you will have the opportunity to make an appointment with a facilitator who can help guide you through the process of completing an advance directive. Space is limited so call today to reserve your seat.

**Stellis Health**

