

# Advance Care Planning and Your Health Care Directive



## Conversations that Matter

Advance Care Planning includes thinking about what's important to you, talking with those who matter to you, and writing down your wishes for health care and treatment in a health care directive.

Attend both classes to learn:

- why advance care planning is always important and not just for end-of-life care planning
- how to identify your health care agent and have an open conversation
- the benefit of providing guidance for your health care choices and decisions through a health care directive
- what is needed for a valid health care directive
- where to file your completed health care directive and who should have a copy

Registration is required for these **FREE** classes.

Class size is limited.

Call **507-977-2330** or email

[honoringchoices@allina.com](mailto:honoringchoices@allina.com)

[allinahealth.org/honoring-choices](http://allinahealth.org/honoring-choices)

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Plan to attend both classes as you will be asked to complete activities between each class.

### **Class 1: Introduction to Advance Care Planning And Your Health Care Agent**

Learn about the 6 W's of advance care planning: Who, What, Where, When, Why, and How.

Using the Honoring Choices Health Care Directive as a guide, we will discuss Part 1: My Health Care Agent.

#### **Class Dates:**

<b>Mon, July 12</b>	<b>12 – 1 pm</b>
<b>Thur, July 15</b>	<b>7 – 8 am</b>
<b>Wed, July 21</b>	<b>3 – 4 pm</b>
<b>Mon, Aug 2</b>	<b>4 – 5 pm</b>
<b>Wed, Aug 4</b>	<b>7 – 8 am</b>
<b>Wed, Aug 11</b>	<b>12 – 1 pm</b>

### **Class 2: Honoring Choices Health Care Directive**

Continuing the discussion with the Honoring Choices Health Care Directive, we will review Parts 2 – 5, answering your questions and providing guidance as you complete your directive.

We will review what is needed for your health care directive to meet MN legal standards and discuss who should have copies as well as when to review and update your document.

#### **Class Dates:**

<b>Mon, July 19</b>	<b>12 – 1 pm</b>
<b>Mon, July 26</b>	<b>9 – 10 am</b>
<b>Wed, July 28</b>	<b>3 – 4 pm</b>
<b>Mon, Aug 9</b>	<b>12 – 1 pm</b>
<b>Mon, Aug 16</b>	<b>4 – 5 pm</b>
<b>Tues, Aug 24</b>	<b>12 – 1 pm</b>

*Honoring Choices of Faribault and Owatonna is generously supported by our community to elevate the conversation about advance care planning.*