

# Register for an Advance Care Planning Class

## Make Your Health Care Choices Known

Advance care planning gives information about your health care choices to others if you can't communicate due to illness or injury.

A health care directive is a written document of your health care choices. Members of your care circle (family or friends) and health care team use this to understand your wishes, goals and values for future health care needs.




You do not need an attorney to fill out a health care directive.


You can change your document at any time.




## Free Class

Allina Health offers free 90-minute classes to help you get started or update a health care directive.

 Allina Health Shoreview Clinic conference room

 **Mondays, 2 to 3:30 p.m.:**

- Feb. 6
- April 3
- Oct. 2

 Register by sending an email to [patienteducation@allina.com](mailto:patienteducation@allina.com).



Scan the QR code with your phone.

 Learn more about health care directives at [allinahealth.org/acp](https://allinahealth.org/acp).