



Planning for the Future: Health Decisions Matter

If you were unwell and unable to speak for yourself, do the people close to you know your wishes for health care and personal decisions? Advance care planning is the process of thinking about, talking about, and documenting your wishes for health care if you are unable to speak for yourself. All Albertans over the age of 18 should have a personal directive.

Led by the Advance Care Planning Goals of Care team from AHS, this class reviews:

- Information about advance care planning.
- The role and importance of a Personal Directive.
- Goals of care and what they mean.
- Resources for advance care planning and where to find them.

Class Type	Date	Time	How to Register
In-person	Saturday, May 25	2:15 p.m. – 4:15 p.m.	In-person at Nose Hill Library. Registered through the Calgary Public Library
Online	Thursday, May 23	6:00 p.m. – 8:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, October 3	10:00 a.m. – 12:00 p.m.	

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

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