

Half of us will become unable to speak for ourselves in a future medical situation... yet only 23% of adults have advance health care directives.

MYCARE MYPLAN SPEAK UP SONOMA COUNTY

How would you want to be treated in any medical situation in which you cannot speak for yourself?

Let us help you **SPEAK UP**...

- Think about the kind of care you want – before a crisis occurs
- Talk with your loved ones about your wishes
- Find the right person who will speak for you
- Put your wishes in writing

**Who will speak for you....
if you can't speak for yourself?**



JOIN US! FREE 2018 WORKSHOP

Tuesday, January 16, 2018 | 1:30 – 3:30 pm

Redwood Credit Union Community Room | 3033 Cleveland Avenue / Santa Rosa

Parking behind building

RSVP 707.565.5950 / aasecretary@schsd.org

More 2018 workshop dates to come

For more information: www.MyCareMyPlanSonoma.org