

MYCARE MYPLAN SPEAK UP SONOMA COUNTY

LET'S TALK ABOUT IT!

FREE Advance Care Planning Educational Series
hosted by the Petaluma Advance Care Planning Collaborative

Be proactive about the type of care **you** want before a crisis occurs.

Who should attend?

Adults (18+), including seniors, adults with disabilities, and adults with senior parents

Thurs. March 12 Petaluma Community Center 320 North McDowell Blvd. Session 1: 1pm-2pm Session 2: 2:15pm-4pm	Sat. March 14 Petaluma Community Center 320 North McDowell Blvd. Session 1: 9am-10am Session 2: 10:15am-12pm	Wed. April 8 Hospice of Petaluma 416 Payran St. Session 1: 7pm-9pm Educational presentation + theatrical vignette and panel discussion.
Tues. April 14 Village Network of Petaluma 402 Petaluma Blvd North Session 1: 9am-10am Session 2: 10:15am-12pm	Tues. April 21 Village Network of Petaluma 402 Petaluma Blvd North Session 1: 9am-10am Session 2: 10:15am-12pm	All events are in Petaluma. Attend multiple sessions as needed, and on different days. 15 minute break between sessions with refreshments. Bring family or friends.

Session 1 - General Education:

Learn about the importance and process of advance care planning and making your wishes known, including how to select a health care agent and what to do before and after completing an advance health care directive.

Session 2 - Workshop:

Get useful tools and tips for how to contemplate, communicate and complete documentation of your health care wishes. Ask questions in a group or individual setting.

Speak up now so someone can speak for you in the future.

Please register by calling **(707) 285-2143, ext. 130** or emailing **info@phcd.org**

Watch for additional dates in May and June.

PETALUMA ADVANCE CARE PLANNING COLLABORATIVE

