



Wellness in Windham
Health Education

invites you to a **FREE** workshop

Advance Care Planning – The Basics

If your loved one had **a serious illness or accident** and couldn't communicate do you know what s/he would want?

What if it were you? What would you want?

Heart-rending **decisions must be made.**

It's an act of caring when families have discussed and mapped out their wishes ahead of time.



Learn how an Advance Care Directive can help.

Understand the key elements you need to have documented.

Leave with:

- clarity on the steps required to complete an Advance Care Directive
- conviction that it's vital
- comprehensive handouts

Presenters: Suzanne Baxtresser, RN and Joanna Rueter, LICSW

Date and Location:

- ❖ Monday: September 28, 6:00pm-8:00pm
- ❖ Brew Barry Room, Brattleboro Memorial Hospital

For more information, Contact 802-257-0775 or email: info@brattleborohospice.org

This workshop is sponsored by the Brattleboro Memorial Hospital and Brattleboro Area Hospice.

www.brattleborohospice.org & www.sustainable-aging.com