



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:** Lisa Ahbel, RN and Joanna Rueter, LICSW

**Date and Location:**

- ❖ Monday: September 29, 6:00pm-8:00pm
- ❖ Drew Barry Room, Brattleboro Memorial Hospital

**For more information, Contact 802-257-0775 or email: [info@brattleborohospice.org](mailto:info@brattleborohospice.org)**

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

[www.brattleborohospice.org](http://www.brattleborohospice.org) & [www.sustainable-aging.com](http://www.sustainable-aging.com)