



Have You Heard About Advance Care Planning?

Planning For Your Future

Advance Care Planning (ACP) is:

- A process of planning for a time when you cannot speak for yourself or make your own health decisions
- An *ongoing process* of reflection and communication that includes talking with family members, substitute decision makers, and health care providers
- For all capable adults over 19 years of age

ACP means that we need to have conversations about our health care wishes.

Attend a 1.5 hour FREE workshop and receive information to help you start working on your own advance care plan.

Workshop Dates:

Wed. April 12th, 2017 from 6:30 – 8pm
&

Fri. June 2nd, 2017 from 10:30am – 12pm

Room 2112/2113 at the Hope Centre
1337 St. Andrews Ave.
North Vancouver
Lions Gate Hospital Campus

Workshops are facilitated by members of the VCH Community Engagement Advisory Network (CEAN). Visit <http://cean.vch.ca/> for more info.

Please register as space is limited

To register, please contact: ce@vch.ca or 604-714-3779

*Please indicate North Shore and the date when you register