



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. Receive a copy of the *My Voice Advance Care Planning Guide*.

NEXT WORKSHOP:

- Thursday May 16th, 2019
From 2 – 3:30pm

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

Location

Richmond Hospital
Park Room – 2nd Floor adjacent to Cafeteria, Yellow Zone
700 Westminister Highway
Richmond, BC

Please register as space is limited

To register, call 604-714-3779 or e-mail ce@vch.ca and indicate Richmond Hospital and the date.