Advance Care Planning Workshop Series

To live well and to die well, you need to plan.

Hosted by:
Abbotsford Hospice Society &
Abbotsford Association for Healthy Aging
in collaboration with Fraser Health

Life Box provided to all those who attend.

None of us can predict what tomorrow may bring. Make sure your health care wishes are known. Consider what's important to you and discuss it with your loved ones and your health care team to help guide future decisions about your health care.

Writing down your wishes or instructions for present or future is the best way to ensure you have a say in what happens to you. Learn information and about resources on important planning issues for you and your family to consider.

Planning early is the best way to express your wishes for future financial, legal, health and personal care matters.
Plan now, avoid potential future issues, uncertanties or disputes.

It's about having a voice, taking responsibility and exercising your rights.

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For more info or to register: email Cyndi McLeod at cyndi@abbotsfordhospice.org

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