



- July 27, 2010 11:00am-1:00pm Saleeby-Fisher YMCA, East Rowan
- August 19, 2010 9:00am-11:00am J. Fred Corriher, Jr. YMCA, South Rowan
- September 15, 2010 10:00am-12:00pm J.F. Hurley Family YMCA, Salisbury
- October 19, 2010 5:30pm-7:30pm Saleeby-Fisher YMCA, East Rowan
- November 18, 2010 5:30pm-7:30pm J. Fred Corriher, Jr. YMCA, South Rowan
- December 15, 2010 5:30pm-7:30pm J.F. Hurley Family YMCA, Salisbury
- January 18, 2011 8:30am-10:30am Saleeby-Fisher YMCA, East Rowan
- February 17, 2011 8:30am-10:30am J. Fred Corriher, Jr. YMCA, South Rowan
- March 16, 2011 8:30am-10:30am J.F. Hurley Family YMCA, Salisbury
- April 19, 2011 3:00pm-5:00pm Saleeby-Fisher YMCA, East Rowan
- May 26, 2011 3:00pm-5:00pm J. Fred Corriher, Jr. YMCA, South Rowan
- June 15, 2011 3:00pm-5:00pm J.F. Hurley Family YMCA, Salisbury

### What was the last important decision you had to make?

- No one wants to talk about it, but we need to. You need to think about this issue and decide what you want. Talking about it will let your loved ones and doctors know what your wishes are.

Put your wishes in writing; this is a gift you can give to your family!

## FREE OF COST AND OPEN TO THE COMMUNITY



## Objectives

Participants will:

1. Examine their own feelings about quality of life issues
2. Learn how to start dialogue with family members
3. Understand the steps to complete Advance Directives
4. Complete a Living Will and Power of Attorney for Health Care

### What are Advance Directives?

Advance Directives are legal documents that express your health care wishes should you be unable to make decisions for yourself due to illness or injury.

**Living Will** contains your written wishes for the health care you want to receive if you become terminally ill or are in a permanently unconscious state and cannot make your wishes known.

### Power of Attorney for Health Care

allows you to authorize an adult to make health care decisions on your behalf if you become unable to do so.

## Facilitated By:

