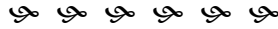


Who will speak for you if you can't speak for yourself?

The Health Trust and Coda Alliance
invite you to a free workshop on

Advance Care planning



If you had a medical emergency, who would you want to speak on your behalf? Would that person know what is important to you about your future care and quality of life?

Discussing your values and wishes regarding medical care **before** a life-threatening illness occurs can reduce the stress of making decisions in a crisis. Protect your loved ones from the pain of indecision or conflicts over your medical care by preparing an Advance Directive now.

What will be covered in the workshop:

- How to have advance care planning conversations with loved ones
- How to select a health care agent
- Do's and Don'ts of completing an Advance Directive form

Who should attend:

1. Anyone over the age of 18 who does not have an advance directive
2. People who have an advance directive but haven't updated it in years
3. Individuals who have chronic health conditions
4. Families who want help having advance care planning conversations with loved ones

Choice of Dates and Locations:

Monday, May 6 2-4 p.m.

The Sobrato Center for Nonprofits, 1400 Parkmoor Ave., San Jose, CA 95128

Tuesday, May 7 6:30-8:30 p.m.

The Sobrato Center for Nonprofits, 1400 Parkmoor Ave., San Jose, CA 95128

Tuesday, June 11 1-3 p.m.

The AACI Building, 2400 Moorpark, Suite 304, San Jose, CA 95128

RSVP: Email changehelpers@gmail.com with questions and to reserve your place

About Your Facilitator:

Karen Storey is a certified "Respecting Choices" instructor and facilitator for Coda Alliance, a non-profit organization whose mission is to provide the community with practical skills and tools to plan and receive the care they may want when facing a life threatening illness and at the end of life. She has helped hundreds of people gain peace of mind by having conversations with their loved ones and completing advance directives.



HEALTHTrust

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