

# Alberta Healthy Living Program

## HEALTH EDUCATION CLASSES



## Planning for the Future: Health Decisions Matter

Whether you are 18 or 80, advance care planning can help your loved ones know your wishes if you couldn't speak for yourself. This class will teach you about:

- Information about advance care planning
- The role and importance of a Personal Directive
- Goals of Care and what they mean
- Resources for advance care planning and where to find them

Join us at the **Signal Hill Library**  
on Tuesday, March 18 from 6:15 – 8:15 p.m.

For more information or to register:

- Call 1-844-527-1160;
- Visit [ahs.ca/ahlp](https://ahs.ca/ahlp); or
- Scan the QR code



**Services**

Alberta Healthy Living  
Program