

# Planning for the Future: Health Decisions Matter



If you were unwell and unable to speak for yourself, do the people close to you know your wishes for health care and personal decisions? Advance care planning is the process of thinking about, talking about, and documenting your wishes for health care if you are unable to speak for yourself. All Albertans over the age of 18 should have a personal directive.

Led by the Advance Care Planning Goals of Care team from AHS, this class reviews:

- 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.

Class Type	Date	Time	How to Register
Online	Tuesday, May 6	10:00 a.m. – 12:00 p.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
In-person	Thursday, May 29	6:30 p.m. – 8:30 p.m.	In-person at Shawnessy Library <a href="#">Drop-in or register Online</a>
In-person	Thursday, June 19	6:15 p.m. – 8:15 p.m.	In-person at Judith Umbach Library <a href="#">Drop-in or register Online</a>
Online	Thursday, June 26	1:00 p.m. – 3:00 p.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.

