



ADVANCE CARE PLANNING WORKSHOP

Take Charge of Your Future - Make Your Wishes Known.

What: Come together with your community to think about your healthcare, share your values and wishes, and make sure your choices are understood and respected at every stage of life.

Who: Open to all community members.

When: April 25 2:00-3:30 pm.

Where: East Coast Memorial, 34 Coldbrook Village Park Dr. Coldbrook.

WORKSHOP HIGHLIGHTS

- Understanding Advance Care Planning.
- How to communicate your wishes to loved ones and healthcare providers.
- How to encourage others to consider doing an Advance Care Plan.
- Tools and resources to document your preference.



WHY ATTEND?

Planning ahead can give you and your loved ones peace of mind and ensure your wishes and choices are respected.

To register please visit: <https://nshpca.ca/community-events/> or scan the QR code.

Registration also welcome at the door.

