



## ADVANCE CARE PLANNING **FREE** ONLINE CLASSES

What if a sudden illness or injury left you unable to speak for yourself? Who would you want to speak for you? What would you want them to know about your values and wishes?

Join us at one of our free online webinars for a thought-provoking conversation to help make your wishes known, as well as:

- learn vocabulary
- reflect on your values
- explore goals for treatment
- choose a healthcare agent
- take steps towards completing a healthcare directive

To register for one of the upcoming virtual classes, please visit our website:

[www.essentiahealth.org](http://www.essentiahealth.org)

- Click on “Classes & Events”
- Select “Advance Care Planning”
- Click “Advance Care Planning Online Classes” and choose one of the upcoming classes:

**Tuesday, March 5, 2024**  
**11:00 AM - 12:00 PM**

**Tuesday, April 16, 2024**  
**12:00 PM - 1:00 PM**

**Monday, May 6, 2024**  
**12:00 PM - 1:00 PM**

If you are unable to attend a virtual class but are interested in learning about advance care planning, please watch our pre-recorded webinar “*It’s About the Conversation*” at [EssentiaHealth.org](http://EssentiaHealth.org) >Patients & Visitors >Advance Care Planning >Video Resources.



**Essentia Health**

For more information, please contact:  
Wanda Paulsen, BA, RN 218-786-1310