

Advanced Care Planning

Online Classes

A sudden illness or injury can leave you unable to speak for yourself. **It is important to have someone you trust who can make decisions for you if you are unable to.**

Join us at one of our free online classes to learn about how to share your wishes. We will talk about:

- vocabulary you may hear.
- treatment goals you can choose.
- how to include your values and spiritual beliefs in your care plan.
- how to choose a healthcare agent.
- health care directives.

Register for classes

Scan the QR code with your device or visit our website at [essentiahealth.org](https://www.essentiahealth.org) and follow these steps:



1. Click on “Find a Service”
2. Select “Advance Care Planning”
3. Click “View classes” under Classes & Events and register for one of the classes listed.

Date: _____

Time: _____ to _____

Date: _____

Time: _____ to _____

Date: _____

Time: _____ to _____

You can watch our pre-recorded advanced care planning webinar if you are unable to attend a class. Scan the QR code or visit our advanced care planning page on our Essentia Health website.



For more information, call 218-786-1310
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Essentia Health