



ADVANCE CARE PLANNING 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

- Click on “Find a Service”
- Select “Advance Care Planning”
- Click “View classes” under Classes & Events and choose one of the upcoming classes:

Tuesday, March 4, 2025
12:00 PM – 1:00 PM

Wednesday, April 16, 2025
12:00 PM – 1:00 PM

*April 16 is National Healthcare Decisions Day

Tuesday, May 13, 2025
11:30 PM- 12:30 PM

**National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower the public and providers about the importance of advance care planning. NHDD is an initiative to encourage patients to express their wishes regarding healthcare and for providers and facilities to respect those wishes, whatever they may be.*

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 >Patients & Visitors >Advance Care Planning >Video Resources.



Essentia Health

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