

# ADVANCE HEALTH CARE DIRECTIVE

## *Do you have one?*

Let us help you complete an Advance Health Care Directive that documents your end-of-life wishes. It's FREE and doesn't require an attorney. *You may attend any one of these sessions:*

INITIAL SESSIONS			FOLLOW-UP SESSIONS (OPTIONAL)		
Day	Date	Time	Day	Date	Time
Sat	Mar. 16, 2019	9:00-10:30 A.M.	Sat	Mar. 30, 2019	9:00-9:30A.M.
Tue	Apr. 16, 2019	9:00-10:30 A.M.	Tue	Apr. 30, 2019	9:00-9:30 A.M.
Wed	May 8, 2019	5:00-6:30 P.M.	Wed	May 22, 2019	5:00-5:30 P.M.
Wed	Jun. 19, 2019	9:00-10:30 A.M.	Wed	Jun. 26, 2019	9:00-9:30 A.M.
Sat	Jul. 13, 2019	9:00-10:30 A.M.	Sat	Jul. 27, 2019	9:00-9:30A.M.
Tue	Aug. 13, 2019	9:00-10:30 A.M.	Tue	Aug. 27, 2019	9:00-9:30 A.M.
Tue	Sep. 10, 2019	5:00-6:30 P.M.	Tue	Sep. 24, 2019	5:00-5:30 P.M.
Wed	Oct. 8, 2019	9:00-10:30 A.M.	Wed	Oct. 22, 2019	9:00-9:30 A.M.
Wed	Nov. 6, 2019	5:00-6:30 P.M.	Wed	Nov. 20, 2019	5:00-5:30 P.M.

*Presented by:*



### LOCATION

Aging and Disability Resource Center (ADRC) Training Room  
1055 Kino'ole Street, Hilo, HI 96720

### REGISTRATION

Online at <http://www.CommunityFirstHawaii.org/registration>  
Phone: Tony Kent, (808) 292-4559 or Amy Hamane, 935-1500

- An Advance Health Care Directive is an important gift to your loved ones so that they won't have to guess what you want if you no longer can speak for yourself.
- If you already have a Living Will, a Health Care Power of Attorney, or an Advance Health Care Directive, learn how to review it to be sure it meets your needs today.
- It's not easy to talk about how you want the end of your life to be. But it's one of the most important conversations that you can have with your loved ones.

### **Sponsored by Community First's Committee on Advance Health Care Directives**

Committee Members: Charlene Iboshi, Amy Hamane, Anthony Kent, Nic Los Baños, Katherine Rycraft, Laura Ota, Tricia Kimura, Sonja Gumbs, Patricia Bourke, Sally Mermel, Lisa Kwee, Mildred Kaneshiro, Jeri Kawakami, Barbara DeLeon, Roxanne Ikeda, Lani Weigert

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