

# Health Care Directive classes in Faribault and Owatonna



## Help your loved ones honor your wishes

Advanced Care Planning is a process that includes thinking about, talking about and writing down your choices for future health care decisions. It's important for every adult to have a health care directive – a written plan for loved ones and health care providers to follow – so that your wishes are known if a medical situation occurs and you are not able to speak for yourself.

At this FREE class, you will:

- engage in the process of advance care planning
- learn how to choose a health care decision-maker
- navigate the Honoring Choices health care directive
- have the opportunity to complete your directive at the end of class, if you choose.

## 2019 Class Schedule:

Jan. 15 District One Hospital 10-11:30 a.m.	July 16 District One Hospital 10-11:30 a.m.
Feb. 12 Owatonna Hospital 10-11:30 a.m.	Aug. 15 Owatonna Hospital 10-11:30 a.m.
March 19 District One Hospital 9:30-11 a.m.	Sept. 12 District One Hospital 2-3:30 p.m.
April 11 Owatonna Hospital 1-2:30 p.m.	Oct. 17 Owatonna Hospital 11 a.m.-12:30 p.m.
May 21 District One Hospital 1-2:30 p.m.	Nov. 14 District One Hospital 9:30-11 a.m.
June 20 Owatonna Hospital 1-2:30 p.m.	Dec. 10 Owatonna Hospital 1-2:30 p.m.

Space is limited. Register for this free class by calling 507-497-3061 or email [honoringchoices@allina.com](mailto:honoringchoices@allina.com).

*Honoring Choices of Faribault and Owatonna is sponsored by:*



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*Honoring Choices is generously supported by our community to elevate the conversation about advance care planning.*

**[honoringchoices.org](http://honoringchoices.org) | email: [honoringchoices@allina.com](mailto:honoringchoices@allina.com) | phone: 507-497-3061**