



**Do your friends and family know  
YOUR choices for future medical care?**

Seniors, join us for a FREE Advance Care Planning workshop to assist you in making Advance Care plans.

**Thursday, March 19, 2020 from 1:00pm-2:30pm  
Perquimans County Senior Center  
1072 Harvey Point Road, Hertford  
Call 252-426-5404 to register!**

This workshop will provide information about advance care documents and the importance of making future health care plans. Participants will receive a FREE toolkit to assist them in completing living wills and healthcare power of attorney documents.

**It's the MOST important conversation  
we're NOT having!**

No one can respect your choices, until they know what they are. The process of Advance Care Planning is best completed while you are well and not in crisis, as this allows you to thoughtfully consider what matters most to you and the treatment decisions you might make. These documents are meant to be reviewed periodically and can easily be updated.

*This workshop is sponsored by the Albemarle  
Commission Area Agency on Aging.*

