

“Are You Good to Go?”

What you need to know about advance care planning and the end of life.



Wednesday, August 6th, 2025 | 9:00am - 10:00am



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Have you had the important conversations with your loved ones necessary to ensure they know **your wishes in the event of serious or terminal illness**? Planning for serious illness provides a gift of peace of mind for you, and those you love. This program will discuss how you can **anticipate and identify your wishes, ensure those wishes are honored, and start the often-difficult conversations with your loved ones.**

This class will answer:

- How do I record my wishes in the event I cannot speak for myself?
- How do I start the conversation with loved ones and my doctor?
- What is a POLST form?
- What about CPR? Mechanical Ventilation?
- What about Tube Feedings?
- What is Palliative Care? When is hospice appropriate?
- What makes an Advance Directive form legal?

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To RSVP, call H. Louis Lake Senior Center at (714) 741-5253

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