We plan so many aspects of our lives, yet we often don’t think about how we want to live. Take time to think about what is most important to you.

What are your hopes, dreams and aspirations for living to your full potential?

What about your wishes toward the end of your life? If you can’t speak for yourself, do your loved ones know your wishes for medical care? Plan time to have these conversations. It always seems too early, until it's too late.

Take the next step...

Start with yourself
Think about your own healthcare decisions

Talk to family/friends/loved ones
Discuss your wishes with others and learn their wishes

Document your priorities and wishes
Complete a health care directive

Spread the word
Encourage others to talk about advance care planning. #BeforeIDieND #BeforeIDieMN #NHDD

Have questions or need help completing your health care directive?

Call: 701-989-6228 (North Dakota) | 612-362.3705 (Minnesota)
Online: HonoringChoicesND.org | HonoringChoices.org