

NATIONAL HEALTHCARE DECISIONS DAY - APRIL 16th

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

Document your priorities and wishes

Complete a health care directive

Talk to family/friends/loved ones

Discuss your wishes with others and learn their wishes

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

