

Planning for the Future: Health Decisions Matter

What can I expect to learn?

- Information about Advanced Care Planning
- The role and importance of a Personal Directive
- Goals of Care and what they mean
- Resources for advanced care planning and where to find them

How many classes are there?

- 1 class for 1 hour and 30 minutes

How is this class being offered?

- Over Zoom

Who can register for this class?

- Adults who are living in Alberta and will be in Alberta during the class

How can I register for this class?

- Phone 403-943-2584 or visit our online [Course Catalog](#) to view our class schedules or register.

Course Catalog:

www.ahs.ca/ahlp → Calgary Zone → Online Registration → Courses
→ Health Education Classes → Health Planning