

**Do this now before a crisis occurs!**



# Advance Health Care Directives



**Free In-person\* and Online ZOOM\*\* Workshops! You choose!**

*(You only need to attend one session)*

## Workshops:

Date	Time	IN-person Location
Wednesday, February 2, 2022	9:00 - 10:15 am	Hilo - ADRC 1055 Kinoole St. Waimea - Tutu's House
Sunday, April 3, 2022	3:00 - 4:15 pm	Hilo - ADRC 1055 Kinoole St.
Tuesday, June 14, 2022	9:00 - 10:15 am	Hilo - ADRC 1055 Kinoole St.

### \*\* ZOOM Workshop Registration:

Online: <https://www.communityfirsthawaii.org/registration>

### \* In-person Workshop Registration:

Hilo: Annie Maeda, 808-987-1230

Waimea: Shawn Saito, 808-885-6777



Scan this QR code  
to Register Online

## What to Expect at our Workshop:

- A step-by-step explanation to complete your AHCD
- If you have a Living will, Health Care Power of Attorney, or Advance Health Care Directive, learn how to review it to ensure it meets your current needs
- Learn how to choose the person who will speak for you if you should be unable to communicate due to illness or accident. Learn the importance of talking to your loved ones about the kind of medical care you want...or do not want...if you are near the end of your life.

**Questions:** Call Amy Hamane, 443-4033 or Rosemary Burnett, 987-4405

*Sponsored by Community First Hawai'i, Advance Health Care Directive Committee*

MAHALO to the Hawai'i County Office of Aging and the Aging and Disability Resource Center