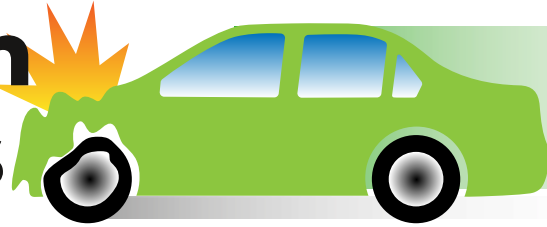


Do this now! Accidents happen!



Advance Health Care Directives



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

(You only need to attend one session)

| Date | Time | IN-person Location |
|--------------------------|-----------------|--|
| Sunday, January 22, 2023 | 2:00 - 3:15 pm | • Hilo - ADRC 1055 Kino'ole St. • Waimea - Tutu's House |
| Wednesday, March 8, 2023 | 9:00 - 10:15 am | • Hilo - ADRC 1055 Kino'ole St. |

Zoom Workshop Registration:

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

In-Person Workshop Registration:

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

Or call:

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 on how 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, 808-443-4033

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