

HEALTHCARE DECISIONS:

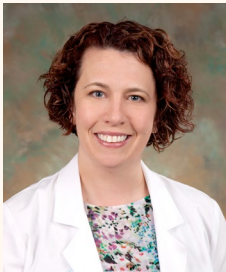
Planning Today for the Care
You Want Tomorrow

TUESDAY, APRIL 16
NOON TO 1:00 P.M.

National Healthcare Decisions Day is a day to recognize how important it is to think about what matters most to us and how we would want to live when faced with either an advanced or sudden illness. Talking about your healthcare decisions with your loved ones may not be the easiest conversation to have, but it's important – for your peace of mind and theirs.

Join us online as Carilion Clinic Hospice experts discuss what it means to plan ahead for medical care that reflects your values, wishes and goals of care.

You'll learn how to talk about what's important to you and receive tools to turn conversations into action.



Christi Stewart, M.D.
Medical Director,
Carilion Clinic
Palliative Medicine
and Hospice



Renee Altizer
Director, Carilion
Clinic Hospice

Topics include:

- » What is advance care planning?
- » Why is planning ahead for our care important?
- » What are barriers to talking about this topic?
- » How do we overcome barriers and normalize the conversation?
- » What are tools to help us understand and talk about the care we'd like to receive?

**This online event is
free and registration
is required.**

To register, visit
CarilionClinic.org/decisions.



CarilionClinic.org/hospice | 800-964-9300