

# ADVANCE HEALTH CARE DIRECTIVE WORKSHOP

#### WHY?

An Advance Health Care Directive is a written instruction that describes how you want to be cared for if you can't make your own medical decisions. Advance Health Care Directives are important for everyone, young or old! A medical emergency can happen at any stage of life, so it's important for all adults to prepare an Advance Health Care Directive.

# WHAT TO EXPECT

Join our in-person workshop to learn how planning an Advance Health Care Directive can help you and your family. Complete your own Advance Health Care Directive with us and receive guidance from a Registered Nurse!

#### **INSTRUCTOR**

**DENISE WHITE, MSN, RN**RFGH CLINICAL STAFF
DEVELOPMENT SPECIALIST

## **CLASS DETAILS**

WEDNESDAY

OCTOBER 8, 2025

8:00AM - 10:00AM



# CONFERENCE ROOM 1 AT RFGH

A meal will be provided for free for those who attend!

### **REGISTRATION REQUIRED, PLEASE CONTACT:**

BRITTNEY DUNPHY, RFGH COMMUNITY HEALTH EDUCATOR (207) 858-2318 OR BDUNPHY@RFGH.NET