

# Advance Care Planning

## Create Your Own Health Directive

Attend one of our Free Public Information Sessions about creating your own Advance Care Plan (Health Directive)

Topics Covered Include:

- What is Advance Care Planning?
- Why is Advance Care Planning important?
- Is an Advance Care Plan legal and binding?
- How to complete your own Advance Care plan

**Pre-registration is encouraged by contacting the Advance Care Planning Program at 306 766-5922 or email [advancecare@rqhealth.ca](mailto:advancecare@rqhealth.ca)**

### **Tues Feb 4, 2020: 10am to noon**

Wascana Rehab Centre: Meeting Rooms 6 & 7  
2180– 23rd Ave. Regina

### **Tues Feb 25, 2020: 10am to noon**

Wascana Rehab Centre: Boardroom  
2180– 23rd Ave. Regina

### **Thurs March 19, 2020: 10am to noon**

Wascana Rehab Centre: Boardroom  
2180– 23rd Ave. Regina

### **Thurs March 19, 2020: 2-4 pm**

Glen Elm Branch Regina Public Library  
1601 Dewdney Ave. E. Regina, SK S4N 4N6

### **Tues April 28, 2020 2-4 pm**

Wascana Rehab Centre: Meeting Room 9  
2180– 23rd Ave. Regina



[saskhealthauthority.ca](http://saskhealthauthority.ca)

***Healthy People, Healthy Saskatchewan***

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.