

FREE WORKSHOP

Advance Health Care Directives



Let us help you complete your Advance Health Care Directive (AHCD), a legal document. YOU will be able to select someone to speak for you should you become unable to speak for yourself and YOU will decide what medical treatments you want or do not want.

Workshop Dates (You only need to attend one session)

Wednesday June 16, 2021	9:00--10:15 AM
Sunday August 1, 2021	3:00--4:15 PM



Access with Zoom using your tablet, computer, or smartphone. Volunteers are available to help you set up the Zoom app.

If you are unable to Zoom, limited in-person seating is available at the West Hawaii Civic Center Hale G Room. Call Annie Maeda at 987-1230 to register for in-person seating.

What to expect at our Workshop:

- A step-by-step explanation on how to complete your AHCD
- If you already 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
- Conversation on a very important topic. It's not easy to talk about how you want the end of your life to be, but it's one of the most important conversations to have with your loved ones

How to Register for our Workshop:

Registration is quick and easy either online or via phone!

- Online: <https://www.communityfirsthawaii.org/registration/>
- Phone: Amy Hamane, 443-4033 or Rosemary Burnett, 987-4405



Use your phone camera to capture QR Code to get to website.

Sponsored by Community First's Committee on Advance Health Care Directives

Community First is a 501(c)3 non-profit founded by the late Barry Taniguchi in 2014. Today it is led by Toby Taniguchi and a volunteer board of community leaders. It serves as a forum for finding ideas to improve health and reduce medical costs on Hawaii Island. It's Vision: A Community where we not only take personal responsibility for our own health, but help each other care for our mutual well-being.

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