



# Advance Care Planning

**Join a class with a Registered Nurse to explore Advance Care Planning.**

*Advance Care Planning is about thinking ahead & making decisions about the health care you would want if you were unable to speak for yourself. It's a way to make sure your values & wishes are known, & to help guide your family, friends, & health care team.*

**This FREE 1.5 hour class is for individuals & family members who want to learn more about creating an Advance Care Plan. Whether you're just starting to think about it or ready to put your wishes in writing, we'll explore the process together.**

## What We'll Cover:

- The steps of Advance Care Planning
- The benefits & limitations
- Why it's important to share your plan with family, loved ones, & your primary care provider
- Documents & resources that can help you get started

## Class Details:

- Offered as a virtual class & in-person in Trail, Nelson, Castlegar, Kaslo, & Grand Forks
- Single-session class – with 1:1 follow-up support available if you'd like more help after the session
- Visit [kbpcn.ca/group-education](https://kbpcn.ca/group-education) for the upcoming class schedule + information about more PCN group classes!



## Want to join us?

**To register email [KBPCNMOA@interiorhealth.ca](mailto:KBPCNMOA@interiorhealth.ca)  
or call 250-365-4337.**

*You can also ask your primary care provider to refer you (practitioners, please use the PCN referral form).*