

What's Right for You?

An Advance Health Care Planning Workshop

Advance health care planning is a process that includes talking to those close to you about the type of care you would want if you become too sick to speak for yourself.

Having these discussions and making a plan can bring peace of mind to you and your loved ones.

Register online or scan QR



[med.stanford.edu/
palliative-care/events/workshops](https://med.stanford.edu/palliative-care/events/workshops)

Join for a 2-part, virtual workshop

- **Part 1:** What questions should you be asking yourself, your doctors, and your loved ones
- **Part 2:** Review an advance health care directive document



UPCOMING DATES

All sessions Noon-1pm PST

September 2024

Part 1: Tuesday, September 17th
Part 2: Tuesday, September 24th

December 2024

Part 1: Thursday, December 5th
Part 2: Thursday, December 12th

March 2025

Part 1: Tuesday, March 11th
Part 2: Tuesday, March 18th

June 2025

Part 1: Thursday, June 5th
Part 2: Thursday, June 12th