

“Who will speak for you or your loved one if you cannot speak for yourself?”

# Advance Care Planning for Caregivers: Getting Started

Join us for this important workshop on starting the conversation about your future healthcare wishes.

**WHEN:** Tuesday, November 22nd, 2022  
1:00 pm to 4:00 pm

**WHERE:** Lake and Shore Recreation Center  
40 Inspiration Drive  
Porters Lake, NS

This workshop is FREE but **pre-registration is required** by Friday, November 18th, 2022.

Please contact Catherine Parent at 902.402.0452 to register or email: [EasternHRM@CaregiversNS.org](mailto:EasternHRM@CaregiversNS.org) for more information.

