

National Healthcare Decisions Month



Before I Die Wall

The *Before I Die Wall* is a chance for you to reflect on your life and share your aspirations!

These walls will be displayed across the Grand Valley to celebrate National Healthcare Decisions Day.

**03
April**

The Art Center
1803 N 7th Street
April 3 - 7

Colorado Mesa University
University Center
1100 North Avenue
9 a.m. - 3 p.m.

**03
April**

**19
April**

Beacon Fest
Two Rivers
Convention Center
159 Main Street
9 a.m. - 3 p.m.

**Crossroads Fitness Center
& Rocky Mountain
Health Plans**
2768 Compass Drive
April 9 - 16

**09
April**

**23
April**

Central Library
443 N. 6th Street
April 23 - 27

Fruita Community Center
324 N Coulson Street
April 23 - 27

**23
April**

Mark your calendar! Stop by any of these locations to participate in this project.

National Healthcare Decisions Day

Who's got your back?



Learn who will make healthcare decisions for you when you no longer can.

National Healthcare Decisions Day (NHDD) exists to inspire, educate and empower community members and healthcare providers to learn about the importance of advance care planning. Join Americans across the country in making future healthcare decisions known to family, friends and healthcare providers because your decisions matter!

**26
April**

Practical Advice for Advance Care Planning

Featuring advance directive presentations

St. Mary's Hospital -

Saccomanno Education Center (5th floor)

8:00 a.m. - 12:30 p.m.

- 8:00 a.m.** Registration
Light Breakfast
- 8:30 a.m.** Mesa County Advance Care Planning Community Project Update
- 9:00 a.m.** How to Talk to Your Doctor about Advance Directives
- 10:00 a.m.** Practical Advice About Advance Directives Forms
- 11:10 a.m.** Colorado Burial Options: Panel Discussion
- 12:10 p.m.** Closing Comments

Brought to you by:



This event is open to the community for just \$5 a person.
This includes a light breakfast and handouts.

**RSVP now by calling (970) 244-8400 or
Western Colorado 2-1-1!**