

April 16th is National Advance Care Planning Day

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Mon Apr 15 13:14:58 CDT 2019

April 16th is National Advance Care Planning Day, a day to promote conversations about your wishes and values for your future health care. Advance Care Planning is a process of reflection and communication. In this video, Walter Gretzky talks about his experience with Advance Care Planning and how it helped his family members know about his wishes and values. (link for video: <https://www.youtube.com/watch?v=0ZXvgpkW-34&list=PLypGbhyn1zsl92pKnocdXjlvEpAU8qUP1> (<https://www.youtube.com/watch?v=0ZXvgpkW-34&list=PLypGbhyn1zsl92pKnocdXjlvEpAU8qUP1>)) Learn more about Advance Care Planning here: <http://www.advancecareplanning.ca/> (https://www.youtube.com/redirect?redir_token=B0UQY-sS7LTmRk64p17hNa994hZ8MTU1NTQzNTU3N0AxNTU1MzQ5MTc3&event=video_description&v=0ZXvgpkW-34&q=http%3A%2F%2Fwww.advancecareplanning.ca%2F)