



Five Wishes document is a living will that allows you to make informed decisions now, while you still have complete control over how you are treated in the event you get seriously ill or unable to speak for yourself. The five questions you will address are:

- ⊕ Who do you choose to make care decisions for you when you cannot? This person will be your Health Care Agent (proxy, representative or surrogate).
- ⊕ What kind of medical treatment I do or do not want?
- ⊕ How comfortable I want to be.
- ⊕ How I want people to treat me.
- ⊕ What I want my loved ones to know.

These very important questions are addressed during these workshops and you will have the opportunity to ask questions, get assistance filling out the paperwork and have your documents notarized *free of charge*. A living will or Advanced Directives, as they are called in the medical community, are important for anyone aged 18 years or older. The Five Wishes form, once filled out properly, signed and notarized, meet the North Carolina requirements under law as a legal binding agreement.

For more information about Five Wishes, you can go to this website: www.agingwithdignity.org

Currently the schedule for our free Five Wishes Workshops are:

Tuesday, January 14th, 206 Asheland Avenue (Asheville office) in the upstairs waiting room
from 6 – 8 pm

Wednesday, April 16th, 1219 Smokey Park Hwy. (Hominy Valley office) from 6-8 pm

Tuesday, July 22nd, 2161 Hendersonville Road (Arden office) from 6-8 pm

Tuesday, October 14th, 206 Asheland Avenue (Asheville office) in the upstairs waiting room
from 6 – 8 pm

We encourage you to bring a friend or family member with you to the workshop.