



NEWS RELEASE

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Making Your Health Care Wishes Known **Advance Care Planning Symposium Open to Public**

April 16 from 8:30 a.m. to 3 p.m.

(GRAND JUNCTION, Colo.) – End-of-life decisions can be difficult. The public is invited to learn how to prepare and make decisions a little easier during *Ready, Set...It's Your Life – Making Your Health Care Wishes Known*, hosted by St. Mary's Hospital, on April 16 from 8:30 a.m. to 3 p.m.

An excerpt of *Wit*, a play which shares perspective on the treatment and diagnosis of a college professor's experience with cancer, will be performed during the keynote address.

Seminars which will be offered during this advance care planning symposium include communicating end-of-life wishes to loved ones, appointing a health care power of attorney, and addressing legal issues.

"We are pleased to be presenting this very important symposium to the community," says Mary Watson, symposium co-chair and member of the Advance Care Planning Task Force of Mesa County, the organization spearheading the symposium. "We are confident participants who attend will leave with all the information and materials they need to make their medical wishes known."

(more)

Advance Care Planning Symposium

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A Professional Track, presented by Rocky Mountain Health Plans, will feature sessions on medical orders for scope and treatment, living will updates, and talking with different ethnic groups.

Registration is \$10 per person and is being accepted now through April 12 by calling 211. Limited seating is available and reservations are required. For more information visit hospicewco.com.

Mesa County and City of Grand Junction will both proclaim April 16 as National Health Care Decisions Day. Proclamations will be read on April 5 during the County Commissioners meeting at 9 a.m. in the Public Hearing room and during the City Council meeting at 7 p.m. at City Hall.

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Editor's Note: April 16th is National Health Care Decisions Day, a national grassroots initiative to encourage individuals to express their health care wishes through conversations and the completion of advance directives. More information can be found at www.nationalhealtharedecisionsday.org.