

# Who will speak for you... if you can't speak for yourself?

## Let us help you SPEAK UP



Half of us will become **unable to speak for ourselves** in a future medical situation. . . yet only 23% of adults have advance health care directives.

How would you want to be treated in any medical situation in which you cannot speak for yourself?

**Let us help you SPEAK UP**

- Think about the kind of care you want – **before a crisis occurs**
- Talk with your loved ones and your doctor about your wishes
- Find the right person to speak for you
- Complete or update your Advance Health Care Directive

## FREE Community Workshop

LEARN FROM HEALTH PROFESSIONALS

**Tuesday, July 16, 2019 | 5:30 – 7:30 pm**

Sonoma County Dept. of Health Services | 1450 Neotomas Ave., Santa Rosa

**RSVP [aasecretary@schsd.org](mailto:aasecretary@schsd.org) or 707.565.5950**

More info and events at: [www.MyCareMyPlanSonoma.org](http://www.MyCareMyPlanSonoma.org)