



# Join our Empowered Elder Workshop! Hospital Stay? Know Your Rights!

Friday, March 13, 2020, 2:30–3:30 p.m.

Come to a free workshop on  
how to protect yourself,  
your loved ones, and  
those you care for.



- Who will help you when you are taken to the hospital?
- If you're in surgery will you have decisions to make?
- What about insurance, care instructions, observation status or hospital admission?
- Planning for a safe discharge?

**Help is at hand!** Come learn how to avoid costly errors, how you and your caregiver can avoid pitfalls, and how to advocate for yourself.

Then get started on your action plan. Learn about the Vial of Life program, Advanced Directives, and more.



## Meet at Forest Hills Christian Church

250 Laguna Honda  
Boulevard  
Parking available.

**Contact:** Nicky Trasvina  
nicky@sfccommunityliving.org



[www.SFcommunityliving.org](http://www.SFcommunityliving.org)



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