

**JFS Healthy Aging
Lunch and Learn
January 9, 2019
12:00-1:30pm**



**What's in Your Plan?
Make your own health care
plan! It's easy as 1-2-3!**

Come join Ellen DiPaola, Esq., President Honoring Choices Massachusetts, and learn how to make your own personal health care plan.

You'll receive a free Honoring Choices *Getting Started Tool Kit*, with free MA documents. We'll review the simple 3 step process so you can:

Step 1. Choose a Health Care Agent in a Health Care Proxy (not sure who to choose yet? "No Agent. No Problem". Just start with Step 2)

Step 2. Talk with family or friends about your care choices. Write down your choices in a *Personal Directive* (Living Will);

Step 3. Talk with your doctors & care providers to put your plan into action. Start a discussion with our handy guide "*5 Things to Talk About With Your Care Providers*".

To register:

Contact Abrielle Salloway 508-875-3100 x 360
asalloway@jfsmw.org

Or register online at:

<https://jfsfmetrowest.wufoo.com/forms/jfs-lunch-and-learn-1919/>

\$4 preregistered admission

\$6 at the door

Location:

Open Spirit

39 Edwards Street
Framingham, MA