

February is a great time for a

Heart to Heart

What would happen if you were ill and couldn't make medical decisions for yourself? Who would speak for you? Do they know what to say or do?

Advance care planning is a process of communicating your future health care wishes and deciding on a Substitute Decision Maker – someone who could speak for you if you couldn't speak for yourself.

Give your loved ones the gift of knowledge - tell them what's important to you.



The **GlaxoSmithKline**
Foundation

Learn more:
www.advancecareplanning.ca

Speak Up
Start the conversation
about end-of-life care.