

# “Your voice, your choice.”

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

### Free Community Advance Care Planning Discussion



Join us for a free viewing of the documentary **Extremis: Between Science and Faith lies the Human Choice**. This is a 2016 American short documentary that follows Dr. Jessica Zitter, an ICU and palliative care specialist who leads a team in the Highland Hospital ICU in Oakland, California. She helps families make end-of-life decisions for their loved ones, who are often terminally ill and or on life support.

Watch the documentary and be part of a community conversation that discusses the importance of advance care planning, prior to facing difficult treatment options.

Experts from Aging & Disability Resource Center (ADRC), Gundersen Health System and Mayo Clinic Health System will be available for questions and providing some resources.

Refreshments will be available.

#### Evening Overview

Watch documentary

Brief presentation on:

- ▶ Importance of why adults aged 18 and older should complete paperwork
- ▶ Definition of Power of Attorney for Healthcare/Advance Directives
- ▶ Selection of health care agent
- ▶ Options on next steps/resources

Q&A

#### Logistics

**Cost:** Free (registration required)

**Date:** Wednesday, April 17, 2024

**Time:** 6:00-7:30 pm

**Location:** South Side Neighborhood Center  
1300 South 6th Street - La Crosse

#### Registration

**Registration:** Click [here](#)

**Questions:** [jsandvick@uwlax.edu](mailto:jsandvick@uwlax.edu) | 608.785.5150

If special accommodations are needed, please forward need to [jsandvick@uwlax.edu](mailto:jsandvick@uwlax.edu) by April 8.

