

LIFE CARE planning

my values, my choices, my care



2017 Life Care Planning Classes

Peace of mind comes from knowing that your values and wishes are honored in health care decisions. Life Care Planning begins with choosing someone to speak for you in the unforeseen event that you are unable to communicate for yourself. We call that person a health care agent. At Kaiser Permanente, we believe all adult members should designate a health care agent and complete a basic Advance Directive so your family, physicians, and others are able to honor your choices. We recommend that you bring the person you think will be your health care agent or other family members to the class with you. *Open to members and the community.*

Stockton

9:00 a.m. – 11:00 a.m.
May 9, July 11, Sept. 12

2:00 p.m. – 4:00 p.m.
April 18, June 13, Aug. 18, Oct. 10

6:00 p.m. – 8:00 p.m.
April 25, July 18, Oct. 17

Modesto

10:00 a.m. – Noon
June 13, Aug. 8, Oct. 10

2:00 p.m. – 4:00 p.m.
May 18, July 20, Sept. 21,

6:00 p.m. – 8:00 p.m.
June 15

For registration or to pick up an Advance Healthcare Directive, please contact Health Education at Stockton: 209-476-3299; Modesto: 209-735-6060; Manteca: 209-824-5070; or Tracy: 209-839-6130