

Life Care Planning



What is Life Care Planning? Who would make your health care decisions if you could no longer speak for yourself?

This workshop will help you:

- Understand what life care planning means
- Explore your values and wishes
- Choose a person to make health care decisions for you
- Complete an advance directive

These workshops are offered at no charge to Kaiser Permanente members.

It's more than just information, our interactive group workshops will help you take steps towards planning your future.

If you're ready, call us at **323-421-2710** to register.

Workshops and Locations

Part 1- Online (virtual class)

Information Session

- **Fri. 10/07/22 at 2:00 pm**
- **Wed. 10/26/22 at 1:00 pm**
- **Tue. 11/1/22 at 12:00 pm**
- **Mon. 11/21/22 at 5:00 pm**
- **Mon. 12/05/22 at 1:00 pm**

Part 2- In-Person

Sign and Turn-in Forms with a Notary Public Baldwin Hills- Crenshaw

- **Mon. 10/03/22 at 12:00 pm**
- **Thu. 10/20/22 at 5:30 pm**

Inglewood

- **Mon. 11/07/22 at 1:00 pm**
- **Mon. 11/14/22 at 12:00 pm**

West LA

- **Mon. 12/19/22 at 1:00 pm**

Visit kp.org/centerforhealthyliving to learn about all the workshops and programs we offer.

Let's start something.