

Your Voice, Your Choice: Health Decisions Matter

Advance care planning is the process of thinking about, talking about, and documenting your wishes for health care if you became unable to speak for yourself. All Albertans over the age of 18 should have a personal directive.

Led by the Advance Care Planning Goals of Care team (Assisted Living Alberta), this class reviews:

- Information about advance care planning.
- The role and importance of a Personal Directive.
- Goals of care and what they mean.
- Resources for advance care planning and where to find them.

Class Type	Date	Time	How to Register
In-person	Monday, May 11, 2026	6:00 p.m. – 8:00 p.m.	In-person at Quarry Park Library Register or Drop-in
	Wednesday, May 20, 2026	1:00 p.m. – 3:00 p.m.	In-person at Westminster Presbyterian Church (290 Edgepark Blvd NW) Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Wednesday, June 17, 2026	1:00 p.m. – 3:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, August 20, 2026	10:00 a.m. – 12:00 p.m.	
	Tuesday, October 20, 2026	1:00 p.m. – 3:00 p.m.	

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



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**Primary Care
Alberta**

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