



Taking Control of your healthcare decisions

Advance care planning is not just about old age. At any age, a medical crisis could leave you too ill to make your own health care decisions. Even if you are not sick now, planning for health care in the future is an important step toward making sure you get the medical care you would want.

This class is led by Stephanie Jones from UMMC's Office of General Counsel.

Thursday, January 19

Noon - 1 pm

Online via WebEx

[Watch Online](#)

Together, let's take care of you.

Questions? Contact Everyday Wellness at everydaywellness@umc.edu

