



Mark your calendars for this year's National Healthcare Decisions Day (NHDD)! We invite you to join us along with other Americans across the country to talk about your future healthcare decisions and to complete your health care proxy. **Below you will find dates, times and location of informational tables.**

- **April 11th, from 1:00 – 3:00 p.m.**
Broome Oncology Hallway
Lourdes Hospital
Binghamton, NY
- **April 12th, from 8:00 – 11:00 a.m.**
JC Family Care
40 Arch Street
Johnson City, NY
- **April 12th, 1:00 – 3:00 p.m.**
Primary Care Associates
276-280 Robinson Street
Binghamton, NY 13904
- **April 14th, 8:30 – 11:30 a.m.**
Chenango Bridge
91 Chenango Bridge Road
Chenango Bridge, NY
- **April 14th, 1:00 – 3:00 p.m.**
Assoc. In Family Medicine
105 Ridgehaven Drive
Vestal, NY 13850

Five Easy Steps

- 1. Learn about Advance Directives**
 - NYS Health Care Proxy
 - NYS Living Will
 - MOLST
- 2. Remove barriers**
 - Identify reasons why you don't want to do an advance directive
- 3. Motivate yourself**
 - Focus on the benefits
- 4. Complete your Health Care Proxy and Living Will**
 - Have a conversation with your family and health care provider
 - Choose the right Health Care Agent
 - Discuss your values, beliefs and what is important to you
 - Understand life support or life-sustaining treatment
 - Share copies of your completed advance directives
- 5. Review and update**
 - Review and update your advance directives periodically

Learn more about, Five Easy Steps, Advance Care Planning and the National Healthcare Decisions Day New York State Coalition activities at **CompassionAndSupport.org**.

