

Press-Republican

April 12, 2011

Health and Fitness Notes: April 12, 2011

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Clinton County clinics coming up

Advance directives informational program planned

WADHAMS — Saturday marks the 4th-annual National Health Care Decision Day, a day for all people regardless of age or current health to be reminded of the importance of making their health-care wishes known to loved ones and care providers.

The Wadhams Free Library, 763 Route 22, will hold an informational program about advance directives from 9 a.m. to noon Saturday. Informational materials and knowledgeable professionals will be available to help attendees resolve questions. Forms will also be available to fill out on the spot or take home. To learn more, call 546-9850.