



## **Media Release**

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### **Understand advance care planning with Compassionate Communities Kingston seminar**

Have you thought about what will be most important to you if you become seriously ill or injured, or near the end of life? Who will speak for you if you are unable, and have you clearly communicated your beliefs, values, and wishes to them?

Advance care planning helps you arrange for future care needs, to ensure your directions will be respected and carried out. Kingston Frontenac Public Library is hosting a seminar with Compassionate Communities Kingston to help people learn how to put this into place.

“You never know when a sudden illness may arise, or a serious accident may happen,” said Anne Hall, Programming and Outreach Librarian. “This seminar from Compassionate Communities Kingston will help you plan for your future needs so your wishes will be respected and carried out if you ever can't speak for yourself.”

Learn how choosing a substitute decision-maker now, and communicating your future care needs to them, can help ensure that your wishes will be carried out. This can also help avoid family disputes or agonizing dilemmas in the future.

This seminar will take place at 2 p.m. on Tuesday, November 9 via Zoom. Register online at <https://calendar.kfpl.ca/event/5744503> or by phone at (613) 549-8888.

Registrants will be emailed the link immediately upon registration and will need to download Zoom in advance.

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