

# Advance Care Planning

## January through June 2014

### Class schedule and Help Line

Advance Care Planning (ACP) is the process of coming to understand, discuss, and plan for a time when you may not be able to make your own medical decisions. This process is important because it helps align your values, wishes, and preferences with the care you will receive. It is important to do this while you are healthy and able to make your own decisions. To get started, attend a group class or call the ACP Help Line for assistance.

Services are free.

#### Advance Care Planning Education Classes

Our group classes, taught by certified ACP facilitators, provide planning basics in a comfortable, relaxed setting. Learn how to select a healthcare agent, start a family conversation and complete a healthcare directive. Time is allowed for questions and individual help.

#### **To register**

Call 952-993-3454

#### **Locations**

- **Park Nicollet Clinic—Burnsville**  
Conference Room A  
14000 Fairview Drive, 3rd floor  
Burnsville, MN 55337
- **Park Nicollet Clinic—Champlin**  
Champlin Clinic Conference Room  
12142 Business Park Boulevard North  
Champlin, MN 55316
- **Park Nicollet Clinic—St. Louis Park**  
Senior Services Conference Room  
3850 Park Nicollet Boulevard, 3rd floor  
St. Louis Park, MN 55416

- **Park Nicollet Clinic—Wayzata**  
Lower Level Conference Room #3  
250 Central Avenue North  
Wayzata, MN 55391
- **Park Nicollet Frauenshuh Cancer Center**  
Ground Floor, Curtis and Arlene Carlson Family  
Community Room  
3931 Louisiana Avenue South  
St. Louis Park, MN 55426  
\$3 parking in Orange Ramp with validated stamp  
from front desk of Frauenshuh Cancer Center

#### **Schedule**

##### **Park Nicollet Clinic—Burnsville**

- Wednesday, January 15  
1 to 2:30 p.m.
- Wednesday, February 19  
1 to 2:30 p.m.
- Wednesday, March 19  
1 to 2:30 p.m.
- Wednesday, April 16  
1 to 2:30 p.m.
- Wednesday, May 21  
1 to 2:30 p.m.
- Wednesday, June 18  
1 to 2:30 p.m.

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### **Park Nicollet Clinic—St. Louis Park**

- Wednesday, January 15  
1 to 2:30 p.m.
- Thursday, January 30  
6 to 7:30 p.m.
- Wednesday, February 12  
1 to 2:30 p.m.
- Monday, February 24  
6 to 7:30 p.m.
- Wednesday, March 12  
1 to 2:30 p.m.
- Thursday, March 20  
6 to 7:30 p.m.
- Friday, April 11  
1 to 2:30 p.m.
- Tuesday, April 22  
6 to 7:30 p.m.
- Wednesday, May 7  
1 to 2:30 p.m.
- Monday, May 19  
6 to 7:30 p.m.
- Wednesday, June 4  
1 to 2:30 p.m.
- Thursday, June 26  
6 to 7:30 p.m.

### **Park Nicollet Clinic—Champlin**

- Thursday, January 9  
6 to 7:30 p.m.
- Thursday, February 6  
6 to 7:30 p.m.
- Thursday, March 6  
6 to 7:30 p.m.
- Thursday, April 3  
6 to 7:30 p.m.
- Thursday, May 1  
6 to 7:30 p.m.
- Thursday, June 5  
6 to 7:30 p.m.

### **Park Nicollet Clinic—Wayzata**

- Monday, January 27  
2 to 3:30 p.m.
- Tuesday, February 18  
7 to 8:30 p.m.
- Monday, March 10  
2 to 3:30 p.m.
- Tuesday, April 29  
7 to 8:30 p.m.
- Thursday, May 29  
2 to 3:30 p.m.
- Monday, June 16  
7 to 8:30 p.m.

### **Park Nicollet Frauenshuh Cancer Center**

- Wednesday, January 22  
12:30 to 2 p.m.
- Wednesday, March 26  
12:30 to 2 p.m.
- Wednesday, June 11  
12:30 to 2 p.m.

### **Advance Care Planning Help Line**

**952-993-0190**

Get answers to your questions about advance care planning or schedule a 1-on-1 session with a certified ACP facilitator. We are available to meet with you at your clinic, local care facility or in the convenience of your home.