

# Advance Care Planning

## July through December 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, July 16  
2 to 3:30 p.m.
- Wednesday, September 17  
2 to 3:30 p.m.
- Wednesday, October 8  
2 to 3:30 p.m.
- Wednesday, November 19  
2 to 3:30 p.m.
- Wednesday, Dec. 17  
2 to 3:30 p.m.

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### **Park Nicollet Clinic—Champlin**

- Thursday, July 10  
6 to 7:30 p.m.
- Thursday, September 11  
6 to 7:30 p.m.
- Thursday, November 13  
6 to 7:30 p.m.

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

- Wednesday, July 9  
1 to 2:30 p.m.
- Tuesday, July 22  
6 to 7:30 p.m.
- Wednesday, August 13  
1 to 2:30 p.m.
- Tuesday, August 19  
6 to 7:30 p.m.
- Wednesday, September 10  
1 to 2:30 p.m.
- Tuesday, September 23  
6 to 7:30 p.m.
- Wednesday, October 15  
1 to 2:30 p.m.
- Tuesday, October 21  
6 to 7:30 p.m.
- Wednesday, November 12  
1 to 2:30 p.m.
- Tuesday, November 25  
6 to 7:30 p.m.
- Wednesday, December 10  
1 to 2:30 p.m.
- Monday, December 29  
6 to 7:30 p.m.

### **Park Nicollet Clinic—Wayzata**

- Monday, July 28  
2 to 3:30 p.m.
- Thursday, August 28  
7 to 8:30 p.m.
- Monday, September 29  
2 to 3:30 p.m.
- Thursday, October 30  
7 to 8:30 p.m.
- Monday, November 10  
2 to 3:30 p.m.
- Thursday, December 11  
7 to 8:30 p.m.

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

- Wednesday, July 23  
12:30 to 2 p.m.
- Wednesday, September 24  
12:30 to 2 p.m.
- Wednesday, December 3  
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.