



801 E. Front Street, Traverse City, Michigan 49686

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*Making longer lives, better lives.*

**\*FOR IMMEDIATE RELEASE\***

**Date: May 7, 2018**

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**Subject: Advance Care Planning Workshop**

**Traverse City** – At any age, life brings unexpected twists and turns. Episodes of serious illness are always hard to go through and making decisions now can save unneeded anxiety and indecision later. By going through advanced planning before a crisis happens, you can make your informed medical decisions and preferences ahead of time – under less stressful times and before you are too ill to make your own wishes known.

Join Stephanie Van Slyke, Advance Care Planning Coordinator from Munson Medical Center to begin the advanced care planning process on Wednesday, May 23, 3:30 p.m., at the Traverse City Senior Center, 801 E. Front Street.

Advanced care planning focuses on learning about the types of decisions a patient might need to make if a medical crisis occurs, using this information to accurately document the patient's goals. A patient's health care team or family cannot honor his or her wishes, if they don't know what they are.

The workshop is free, but advance registration is required.

For more information and to register, email [dmikowski@grandtraverse.org](mailto:dmikowski@grandtraverse.org) or call the new program registration number at 231-922-2080

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