



Got a Severe Case of *Ostrich Syndrome?*

50%

of Canadians have *never talked* to family and friends about what they'd want if they were ill and couldn't speak for themselves.

When it comes to talking about the end of life, most of us freak out and run for the hills.

Nothing's more uncomfortable than a *conversation about dying*.

But **100%** of us will die. So what's the use of *avoiding* the topic?

It's time to take your head out of the sand and talk about your end-of-life wishes.

Learn more: www.advancecareplanning.ca



PRAIRIE MOUNTAIN HEALTH

More information visit: prairiemountainhealth.ca
or speak with your Health Care Provider

Speak Up

Start the conversation
about end-of-life care