Many of us have strong preferences about what treatments we would (or wouldn’t) want as the end of life approaches. A few of us will retain the ability to make our own choices. But estimates are that seven of 10 Americans will be struck with sudden catastrophic illness, injury, or a dementia that leaves critical choices to family, friends, or even strangers. This workshop seminar, led by medical ethicist Janet McDowell, will share tools for appointing the person of your choice to make health care decisions for you under circumstances (temporary or permanent) when you can’t make your own medical decisions. Twenty-somethings need to execute these documents every bit as urgently as those who qualify for Medicare! We’ll also consider the kinds of guidance you should provide your health care agent, family members, and friends to assist them in making a full range of end-of-life decisions consistent with your deeply held values. While these issues are difficult to ponder, documenting your choices is truly a gift, minimizing conflict and providing peace of mind to those who care for you. Call the church if you have questions or to RSVP. This is a free seminar, open to the public.