

# Now is the time to talk.

## The GIFT Project: Giving Instructions for Tomorrow

Tuesdays, September 15th, 7:00-8:00pm

Presented by Dr. David Zuniga, Austin Psychologist

Join Zoom Meeting: <https://bit.ly/StAndrewsGIFT>

Meeting ID: 884 9034 9462

Password: StAndrews



It's easy to feel out of control in this challenging time, but there are some things we can do to help us feel prepared, both for ourselves and the people we care about. Thinking and talking about what kind of healthcare we might want, if there comes a time we can't speak for ourselves, is the greatest gift we can give to those we love.

Join us online for a free, interactive crash course on advance care planning including how to:

- identify your preferences, if there comes a time when you cannot speak for yourself
- choose a medical power of attorney
- discuss wishes with loved ones and medical providers
- complete advance directives

For more resources and information about Dr. Zuniga, visit [drdavidzuniga.com](http://drdavidzuniga.com)

\* Nurses and Social workers can earn 1 hour of continuing education credit.  
To register for credit, contact Shirley Price at [sprice@hospiceaustin.org](mailto:sprice@hospiceaustin.org).