



Episcopal
Foundation
of Dallas



MONDAY MINUTE





1

WHAT ARE ADVANCE DIRECTIVES?

Advance directives, often called a Living Will, communicate your wishes regarding life-sustaining treatment if you become unable to make medical decisions.



2

WHY IS IT IMPORTANT?

Advance directives can:

- Provide guidance to loved ones and healthcare providers
- Ensure your wishes are clearly communicated
- Reduce uncertainty during difficult situations

Planning ahead can bring peace of mind for both you and your family.



3

THIS WEEK'S ACTION STEP

Review your wishes regarding medical care and discuss them with your loved ones.

Having these conversations now can make an important difference later.