Advance Health Care Directive
Keeping your health care choices in your hands.

Have you thought about how you want to be cared for when you can't take care of yourself? Or who to entrust with your important health care decisions?

By establishing an advance directive, you can rest assured that you'll receive care on your terms because all the decisions made will be your own. Take the time now to plan for your health care future.

What is an advance directive?
An advance directive is a legal document that allows you to make your health care preferences known in the event you can't make them for yourself. You can specify the type of medical treatment you want to receive, who can make health care decisions for you and express your end-of-life wishes. Advance directives also include a health care power of attorney and a living will. Be sure to share a completed copy of your directive with your primary care doctor.

Secure the future of your health.
5k Family Day

Come spend time with family and friends to support our local community and veterans

April 8, 2017
Lake Murray Park
8:00am-1:00pm
Registration 7:30-8:00am
Race 8:00-10:00am
Food truck, games 11:00-1:00pm

Register online at www.LaMesaRotary.org
The honor of your presence is requested at a very special dinner to recognize:

Rotary International President’s Representative
Past General Secretary Rotary International
The Rotary Foundation

**Ed Futa**

**Friday, May 19, 2017 6-9pm**

$90 per person  Black Tie Optional

The Admiral Kidd Club
Naval Base Point Loma
San Diego, California

**Sign Up at**

[FutaDinner.com](http://FutaDinner.com)

Visit the La Mesa Rotary online! [www.LaMesaRotary.org](http://www.LaMesaRotary.org)
Or find us on Facebook! Just search for La Mesa Rotary.

La Mesa Rotary TATTLER Editor: Scott Elam
elamshallmark@cox.net
5k Family Day
Participant Registration Form

Names: __________________________________________________________

Address: _________________________________________________________
___________________________________________________________

Phone Number: ________________________________

Email: ________________________________

Runner/Walker: (includes shirt and lunch) $40
Race from home: (includes shirt) $25

Shirt size:   Child S M L   Adult S M L XL XXL

Amount enclosed _____________

Register/donations on-line at: www.LaMesaRotary.org

Made payable to La Mesa Rotary

*** All donations are tax deductible