

FIVE WISHES PSA

There are many things in life that are out of our hands. The Five Wishes document gives you a way to control something very important—how you are treated if you get seriously ill. This easy-to-complete form lets you say exactly what you want. Filled out and signed, it is valid in Alaska and most states.

Pick up a free booklet at the PMC Clinic, the library or the court. There is a video guide at the library and the clinic.

Making your wishes known is a gift you can give to your loved ones and yourself.

Brought to you by Beat the Odds and KFSK.