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Media Release

## Mountain Valley Hosts Workshops in Recognition of National Healthcare Decisions Day

[Dobson, NC] – In recognition of National Healthcare Decisions Day (NHDD) on April 16th, Mountain Valley, a local hospice and palliative care organization, has announced a series of workshops to raise awareness about the importance of healthcare planning and documentation.

NHDD emphasizes the significance of making healthcare decisions known and documented for oneself and loved ones, especially regarding end-of-life care. As part of this initiative, Mountain Valley's workshops, hosted in five locations in North Carolina and Virginia, will educate and assist the community in preparing their healthcare wishes.

The events will include informative sessions on various essential documents, including the Living Will, The Five Wishes®, Do Not Resuscitate (DNR) orders, Health Care Power of Attorney (HCPOA), and Medical Orders for Scope of Treatment (MOST). Knowledgeable staff members will be available to guide attendees through the process of understanding and completing these important documents.

Whether you're seeking to draft new documents or update existing ones, Mountain Valley's staff is trained to help you with all of the end-of-life legal documents authorized for use in North Carolina and Virginia. If you are unable to attend a workshop, contact a representative today and schedule an onsite presentation or personal consultation.

All events will be held on Tuesday, April 16<sup>th</sup> from 10am to 12pm. North Carolina locations: Mountain Valley Corporate Headquarters (Dobson), SECU Hospice Care Center (Yadkinville), Mountain Valley Serious Illness Specialists (Kernersville). Virginia locations: Mount Olivet Community Church (Galax) and Axton Baptist Church (Axton).

Addresses for all locations are listed at <https://www.mtnvalleyhospice.org/event/national-healthcare-decisions-day-workshops/>. For more information, please contact Mountain Valley at (888) 789-2922.



Don't miss this opportunity to ensure your healthcare wishes are legally documented and your voice is heard. Join Mountain Valley on April 16th as we celebrate National Healthcare Decisions Day and empower individuals to take control of their healthcare futures.



Mountain Valley is a nonprofit organization providing high quality end-of-life care in 18 counties in North Carolina and Virginia. Through its team of hospice professionals and specially trained volunteers, Mountain Valley addresses the growing need for compassionate hospice care. Mountain Valley also owns and operates two hospice inpatient facilities: The Joan & Howard Woltz Hospice Home in Dobson, NC, and the SECU Hospice Care Center in Yadkinville, NC. Both offer a homelike setting for patients and families alike. The goal for both facilities is to help families be as comfortable as possible as they stay close by their loved one during this time when families are needed most. For more information, visit [www.mtnvalleyhospice.org](http://www.mtnvalleyhospice.org).