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**STURDY MEMORIAL HOSPITAL ENCOURAGES CONVERSATIONS
ABOUT END-OF-LIFE HEALTH CARE PREFERENCES**

ATTLEBORO, MA, January 31, 2014 – Conversations about serious topics such as end-of-life and long term treatment for chronic illnesses are never easy. But it's better to make decisions and communicate them to loved ones and caregivers in advance, so that treatment preferences can be honored. Understanding that palliative care and end-of-life planning enhance quality of life, especially when initiated early, Sturdy Memorial Hospital is working to improve care for patients and area residents. This involves encouraging conversations and arranging support services in advance.

Talking points should include palliative care, which provides relief and support throughout chronic or terminal illnesses, as well as hospice care, which assists patients during the final months of life. It's never too early to think about the future, determine your health care preferences, and share and document your wishes. For more information about palliative care and end-of-life planning, visit

www.sturdymemorial.org.

Sturdy Memorial Hospital is a full-service, independent, financially stable, not-for-profit acute care community hospital in Attleboro, Massachusetts.

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