

# GOLD COAST STROKE SUPPORT GROUP

[ A supporter of National Stroke Foundation  
and of The Stroke Association of Queensland Inc. ]

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**ANY *STROKE* (or *Brain Attack*) *SURVIVOR***  
***MEMBERS of their FAMILY their CARER (S)***  
***And OTHER INTERESTED MEMBERS OF THE PUBLIC***  
***ARE INVITED and WELCOME TO ATTEND OUR***  
***OCTOBER 2011 MONTHLY MEETING***

<u>GUEST SPEAKER</u>	-	<i>NIALL GEOGHEGEN</i> <i>TLC GOLD COAST</i>
<u>TOPIC</u>		<i>TENDER LOVING CUISINE</i> (TLC Meals)
<u>VENUE</u>	-	<i>The Undercroft</i> <i>Rear Saint Peter's Anglican Church,</i> <i>Cnr. Nerang &amp; High Streets, Southport.</i>
<u>DAY AND DATE</u>	-	<i>Wednesday, 5 October 2011</i>
<u>TIME</u>	-	<i>11:00 am to 12:30 pm</i>

*NOTE: - Morning tea will be served from 10:30 am. Come early and have a chat.*  
***[For a Gold Coin Donation]***

Talking with others about your experiences, both before and after meetings, can often bring surprising results. A chance word may result in your learning how someone else overcame a problem you have, or the other person discovering how you mastered a problem they have. Come along to this meeting of the Gold Coast Stroke Support Group for you will almost certainly find someone there who has had a similar experience to your own. They may be able to suggest from their own trauma ways and means to give you: -

***A BETTER QUALITY OF LIFE.***

*PLEASE REMEMBER THE NATIONAL STROKE FOUNDATION'S IMPORTANT MESSAGE*  
***STROKE IS A BRAIN ATTACK – PREVENTION IS THE KEY!***

*FINGER FOOD LUNCHEON SPONSORED BY SOMERVILLE FUNERALS (held bi-monthly)*  
***NEXT LUNCHEON DAY – WEDNESDAY, 2 November 2011 – PLEASE MARK YOUR DIARY***

Colin A. Oxenford  
Chairman and Co-Ordinator  
21 September 2011

*[Please read the information in the newsletter on the reverse side. Thank You.]*

**Think F.A.S.T. Act FAST!**