

# GOLD COAST STROKE SUPPORT GROUP

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

Australian Business Number: 75 926 608 653

9 CHARLTON STREET, SOUTHPORT. QLD 4215

TELEPHONE NUMBERS: LANDLINE – (07) 55 313 254 - MOBILE: 0400 849 573

Email: - colinoxenford@bigpond.com

**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***  
***MARCH 2012 MONTHLY MEETING***

**GUEST SPEAKER** - ***TINA PARKER (B.Phty,B.Ex.Sc.)***  
***PHYSIOTHERAPIST***  
**TOPIC** ***EXERCISE FOR THE ELDERLY***  
**VENUE** - ***The Undercroft***  
***Rear Saint Peter's Anglican Church,***  
***Cnr. Nerang & High Streets, Southport.***  
**DAY AND DATE** - ***Wednesday, 7 March 2012***  
**TIME** - ***11:00 am to 12:30 pm***

***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, 4 April 2012 – PLEASE MARK YOUR DIARY***

Colin A. Oxenford  
Chairman and Co-Ordinator  
27 February 2012

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

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