

GOLD COAST STROKE SUPPORT GROUP

[A supporter of National Stroke Foundation]

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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
SEPTEMBER 2015 MONTHLY MEETING

GUEST SPEAKER - TRACEY SPARKS
Qld Health Promotion Officer, Continence Foundation of Australia

TOPIC - HEALTHY BLADDER AND BOWEL HABITS

VENUE - The Undercroft,
Rear Saint Peter's Anglican Church,
Cnr. Nerang & High Streets, Southport.

DAY AND DATE - Wednesday, 2 September 2015

TIME - 11:00 am to 12:30 pm

NOTE: - Morning tea will be served from 10:30 am. Come early and have a chat with other attendees.

[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!

Colin A. Oxenford
Chairman and Co-ordinator
20 August 2015

[Please note and read the Newsletter on the reverse side – Thank you]

NATIONAL STROKE AWARENESS WEEK 2015
[From Monday, 14 to Sunday, 20 September 2015]