

GOLD COAST STROKE SUPPORT GROUP

[A supporter of National Stroke Foundation]

Australian Business Number: 75 926 608 653

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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
MARCH 2017 MONTHLY MEETING

GUEST SPEAKER

- JOHN CLARKE AES AEP ESSAM
Practice Principal – Q Rehab Pty Ltd

TOPIC

Q REHAB ACCREDITED EXERCISE PHYSIOLOGY

VENUE

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

DAY AND DATE

- Wednesday, 1 March 2017

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]

John Clarke has advised me as follows: *"I would like to introduce Q Rehab Accredited Exercise Physiology Centre and our services as we have been established on the Gold Coast for over 8 years and have already treated over 700 various chronic condition sufferers including stroke patients. Our private clinic, located in Bundall, is the ideal non-intimidating, professionally staffed premises housing some of the most advance rehabilitation/resistance exercise equipment (HUR) available. I will be discussing the obvious benefits of exercise post stroke and providing some testimonials from current patients participating in our programs. Our main goal at Q rehab being to instil "Health and Confidence through Activity and Education".*

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.

FINGER FOOD LUNCHEON SPONSORED BY SOMERVILLE FUNERALS (held bi-monthly)
NEXT LUNCHEON DAY – WEDNESDAY, 5 April 2017 – PLEASE MARK YOUR DIARY

Colin A. Oxenford
Chairman and Co-Ordinator
19 January 2017

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

24 FEBRUARY 2017: -

THERE WERE 242 NOTICES IN TOTAL FROM THE MAILING LIST OF LABELS. (79 posted (28/1/2017) + 167 e-mails) plus 4 from telephone contact to CAO (posted on 28/1/2017). Plus 375 Notices to The Friends of GCSSG; 15 Notices sent to the Mayor and fourteen Gold Coast City Council Councillors; 10 to State Government MPs; 6 to Federal MPs and 12 to GC Radio Stations sent by e-mail).

The details are as follows: -

| | <i>TOTAL</i> | <i>POSTED</i> | <i>DELIVERIES</i> | <i>E-MAILS</i> |
|----------------------------------|--------------|---------------|-------------------|----------------|
| <i>MAILING LIST</i> | 242 | 75 | <i>Nil</i> | 167 |
| <i>TELEPHONE CONTACTS</i> | 4 | 4 | <i>Nil</i> | <i>Nil</i> |
| <i>GOLD COAST CITY COUNCIL</i> | 15 | <i>Nil</i> | <i>Nil</i> | 15 |
| <i>STATE MPs</i> | 10 | <i>Nil</i> | <i>Nil</i> | 10 |
| <i>FEDERAL MPs</i> | 6 | <i>Nil</i> | <i>Nil</i> | 6 |
| <i>GOLD COAST RADIO STATIONS</i> | 12 | <i>Nil</i> | <i>Nil</i> | 12 |
| <i>FRIENDS OF GCSSG</i> | 375 | <i>Nil</i> | <i>Nil</i> | 375 |
| <i>TOTALS</i> | 664 | 79 | <i>Nil</i> | 585 |