

LADYPAUSE



Peer Support Network

<http://www.yourthyroidandyou.org/ladypause>

PRESENTS

Free Health & Lifestyle Seminars

For

Women Wise in Middle Years

A Forum for Women in Mid Life

Every Third Monday

10.00 AM - 12:00 NOON

Venue:

**Community Meeting Room Ground Floor
Brisbane Square Library
266 George Street Brisbane**

Monday 15th September 2014

Guest Speaker Peter Ferreira From



Warning signs of a heart attack & life after a heart attack

It is important to understand that warning signs can vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom of a heart attack, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort. Others may experience one symptom, while some experience a combination. The one thing all heart attacks have in common is that the sooner you receive treatment the less damage will be done. One of the most important things to understand is that heart disease is a lifelong condition that needs to be actively managed.

But with a positive attitude and by taking the right steps, you can take control. This will also reduce the risk of further heart problems in the future. **See your doctor regularly; Take your medicines; Set goals for achieving better health; Healthy eating; Being smoke free**

Gold coin donation



Tea and coffee provided

Seminar Inquiries Contact Jacqui

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Seminars Organized by Ladypause Peer Support Network

