

**An Invitation to attend  
ADELAIDE - MITCHAM  
PROSTATE CANCER  
SUPPORT GROUP  
Meeting**

**Wednesday 10<sup>th</sup> March 2021**

**Guest Speaker**

**Christine Hygonnet-Heart Foundation**

**Topic: Heart Health**

- The warning signs of a heart attack
- What to do if someone is having a heart attack
- How to prevent a heart attack

**Where: Colonel Light Gardens RSL Club  
4 Prince George Parade  
Colonel Light Gardens**

**Time: 7.00p.m. - 8.45p.m.**

**Contact: Roland 0438 604 323, Ralph 0406 006 654  
or [www.adelaide-mitchampcsg.org](http://www.adelaide-mitchampcsg.org)**

**All welcome to attend this free informative evening**