

YOU ARE INVITED TO ATTEND

THE AUTUMN PATIENT & CARER MEETING

These meetings are informal and provide a chance to meet others with heart failure (COPD also in Lanarkshire) and their partners and family. Speakers are invited to talk about a range of topics and refreshments are provided. We hope to see you there.

LANARKSHIRE

WEDNESDAY 14TH SEPTEMBER 2016

Venue: St John's Centre (next to multi storey car park), Duke Street, Hamilton

Time: Arrival from 1pm, with a light lunch being served from 1.30pm

Speaker: The theme of the meeting is 'helping you to unwind' including a Tai Chi demonstration & ways of relaxing.

*As lunch will be served at this meeting, please contact **Alison on 01236 832843** if you would like to book a place, by Friday 9th September at the latest.*

GLASGOW

TUESDAY 20TH SEPTEMBER 2016

Venue: Conference Room 2.16 A (Level 2 Admin Corridor), Victoria Infirmary, Grange Rd, Glasgow G42 9LF
Time: Arrival from 1.30pm, meeting commences 2pm.

Directions to room: Take lift to second floor, turn left and walk along corridor where someone will be waiting to direct you further.

Speakers: Choi Lee, Specialist Cardiac Rehab Dietitian.
Eve Shannon, Advanced Nurse Practitioner – heart failure, will also be available to answer your questions about living with heart failure.

*If you have any questions about the Glasgow meeting, please contact **Joanne on 01236 770706.***

NHS
Lanarkshire

NHS
Greater Glasgow
and Clyde

Chest
Heart &
Stroke
Scotland

