

who we are

F.A.S.T. began in 2002 when it became a not-for-profit organization receiving 501C3 status. The founding members had been part of a larger organization and wanted to form a regional group.

At our meetings, we feature guest speakers who bring education, clarity, comfort, and support to help us deal with various aspects of daily living.

We always leave time for members and caregivers to split up and talk within their respective groups. As amputees, we recognize the importance of caregivers needing their time together. Their challenges are as great as ours but very different.

Our members have all faced limb loss. Our outreach to doctors, hospitals, and rehab facilities is very important to us. We want to offer support and resources to as many people as we can.

Meetings are held at HealthSouth Sunrise Rehabilitation Hospital. We meet monthly (alternate Thursday afternoons and Saturday mornings) to accommodate everyone.

We welcome all suggestions, support, and recommendations to aid in the continuing growth of the **F.A.S.T.** organization.

As we continue to grow and serve the needs of our local amputee community, we also strive to support the goals of the Amputee Coalition of America, of which we are active affiliate members.

tips

FOR THE NEW AMPUTEE

BEFORE AMPUTATION talk with your doctor. Have a peer visit from a "real amputee." Ask questions. Don't be afraid to say how you feel.

AFTER SURGERY you need time to heal. Follow Doctor's orders.

THERAPY Exercise, exercise, exercise! Its hard work, but very necessary.

PROSTHETIC FITTING Consult with a prosthetist to discuss your options.

GAINING YOUR INDEPENDENCE Continue your therapy — advance your skills for everyday living: driving, walking, dressing, cooking, travelling.

JOIN PEER SUPPORT GROUP to interact socially with peers, stay abreast of new technology and to have fun.

GO TO PROSTHETIST with any problems and get a regular tune-up at least every 6 months.

AND *help others!*

F.A.S.T. offers...

- Support Group meetings
- Peer training
- Information programs & speakers
- Social activities
- Advocacy & education
- Para-sporting events
- Caregiver education & support
- Accredited Peer Visitation certified by the ACA

...and much, much more.

MONTHLY meetings

We meet the 4th week of each month, alternating between Thursdays at 2pm and Saturdays at 10:30am. All meetings are held at HealthSouth, 4399 Nob Hill Road, Sunrise, FL 33351, 954-749-0300.

MONTH	DAY	TIME
January	4th Thursday	2:00pm
February	4th Saturday	10:30am
March	4th Thursday	2:00pm
April	4th Saturday	10:30am
May	4th Thursday	2:00pm
June	4th Saturday	10:30am
July	NO MEETING	
August	4th Thursday	2:00pm
September	4th Saturday	10:30am
October	4th Thursday	2:00pm
November	Saturday TBD	10:30am
December	Holiday Party	TBD



Cut here and mail to **F.A.S.T.** headquarters. See mailing side for our address, and...Thank you!



Would you like to help **F.A.S.T.** fulfill its mission within the community?

- Yes, I would like to make a contribution (Please make check payable to: Florida Amputee Support Team. Donations are tax deductible.)
- Yes, I am interested in becoming a Sponsor. Please contact me with more information.
- Yes, I would like to become a member.

Name: _____ Address: _____ State: _____ Zip: _____
 Phone: _____ Email: _____



our team is growing!