



Promoting Stroke Awareness

PRESS RELEASE

“FOR IMMEDIATE RELEASE”

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“COMMUNITY SUPPORT GROUPS FOR STROKE SURVIVORS”

PHILADELPHIA, PA—JULY 20, 2010--Healthy Thoughts, a pending non-profit corporation, is holding several monthly stroke awareness support groups throughout communities in the Philadelphia region beginning next month. All stroke survivors and those impacted by strokes are encouraged to attend.

The founder of Healthy Thoughts, Davida Godett, suffered three strokes in her early thirties and her life as a single mother was severely altered. Godett, a certified accountant with a graduate degree, found herself regularly hospitalized making it impossible for her to maintain employment. Through her personal struggles her passion grew to tell others the affects of strokes. Her motto is, “You never know what one has been through, unless you ask them their story”.

Godett started Healthy Thoughts in 2009 with the premise that there is a need for stroke awareness along with health awareness in general. She wants her story to inspire others to maintain a positive outlook on life.

Healthy Thoughts Support Group Locations:

WES Health Center, 1463 W. Lycoming Street, Philadelphia, PA 19140
Meeting every 2nd Wednesday of the month 11:30 to 1:00

Norton Ave. Baptist Church, 1230 Norton Avenue, Bristol, PA 19007
Meeting every 2nd Thursday of the month 1:00 to 2:00 and 7:00 to 8:00

St. Mark AME Zion Church, 136 N. Congress St., Newtown, PA 18940
Meeting every 1st Thursday of the month 11:30 to 1:00

For further information call (215) 637-5815 or e-mail info@healthythoughtsworld.org

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USING HEALTHY THOUGHTS, TO INSPIRE HEATHLY MINDS,
TO HEAL THE BODY AND ENSURE A HEALTHIER YOU