



Friday 19th July 2019

# Avalon Dance Stars

on the

# Floor

**Your Invitation to join us and help raise awareness for  
Mental Health and the Prevention of Youth Suicide.**

**dancestars.org**

**My younger sister Nan**, a nurse took her life a few years ago. We did not know until after she died that she had been writing an autobiography of how she was managing her life.

This week, I have re-read through a few pages of what Nan wrote in the weeks before she ended her life. To read her words and to know the pain, suffering and sadness she experienced, is still hard for us to comprehend, years after her death. We wish she had been able to talk to us so that we could have helped her in those final weeks.

Mental Health and Youth Suicide is a difficult subject confronting all of us and our community. Over the past six months four of our young teenagers under the age of sixteen plus seven other residents have taken their lives here in Wyndham. We cannot sit and talk about it. It is time we acted and did something about it.

There are many stories the same as our family endured, so therefore I have decided it is time to do something about it. I have asked members of our community to come together to help raise our target of \$50,000 for the prevention of Youth Suicide and Mental Health.

We cannot do this without your help and support. We invite you all to join with us and come on this journey with our committee to raise awareness and to raise these much-needed funds.

We are organizing the Avalon Dance Stars on the Floor and we have eight dedicated people who are practicing so hard to delight you with their dancing on Friday July 19th, 2019.

These amazing people are giving up many hours of their time to perfect their dances. They will be dancing Latin, New Vogue and Ballroom styles through the evening show.

We ask you to buy tickets to attend this exciting evening and to show your appreciation of their hard work and efforts.

Please log onto **dancestars.org** for all the information.

**dancestars.org**

# Our Dance Stars are:

- **Justin Giddings**, CEO Avalon Airport
- **Jamie Marasco**, New Car Salesman, Werribee Mazda
- **Arnav Shesham**, Bachelor of Biomedicine, Indian Community
- **Dr Joe Garra**, GP Wyndham
- **Paris Lizaic**, Student – Point Cook Senior Secondary College
- **Selina LongFeng Su**, Retired, Chinese Community
- **Anne MacKelvie**, Teacher – P~9 Point Cook College
- **Nicola Muller**, Communication & Marketing Manager, Mackillop College, Werribee.

**Each one of our stars has a donation page – [dancestars.org](http://dancestars.org)**

and if you would like to support them with a donation you will automatically go into the draw to win a Dinner for Two at Joseph's Restaurant, Werribee Mansion and a Night for Two at the Quest Hotel Apartments.

**Tickets are available online. [Dancestars.org](http://Dancestars.org)**  
**Tickets are \$20 & \$30 each.**

**All seating will have a good view of the dance stage.**



For further information please call Heather Marcus  
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