

## Thursday Meetings

Virtual & In-person  
7:00-8:00 pm



1<sup>st</sup> THURSDAY of each month  
(No January or July meetings )



Gethsemane Lutheran Church  
200 West Anderson Lane  
Austin, Texas 78752



[www.austinosotomy.org](http://www.austinosotomy.org)



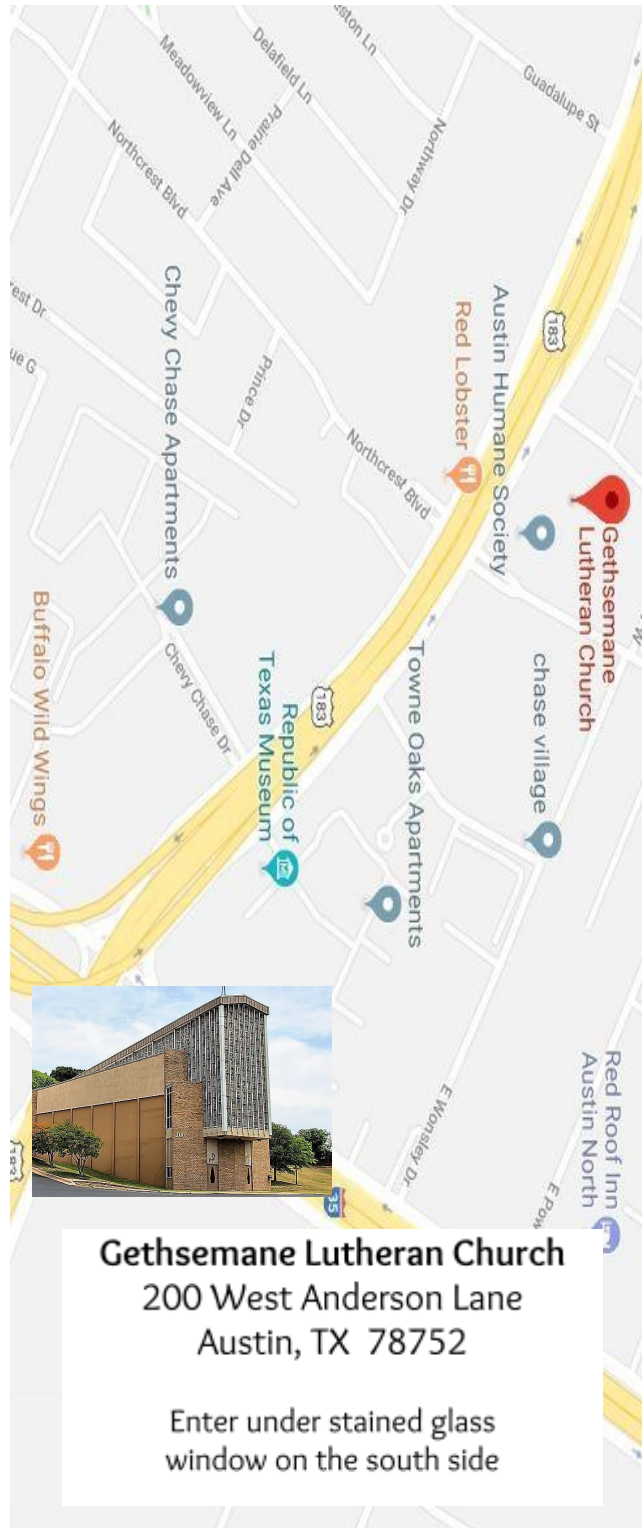
512-339-6388

Go to website or newsletter for Zoom link

## Membership

\$25 Annual Membership includes:

- Monthly support meetings
- Informational presentations
- Access to ostomy nurses
- Product updates & free samples
- Social events
- Austi-Mate Newsletters



**Gethsemane Lutheran Church**  
200 West Anderson Lane  
Austin, TX 78752

Enter under stained glass  
window on the south side

# OSTOMY ASSOCIATION OF AUSTIN

Established in 1973



[www.austinosotomy.com](http://www.austinosotomy.com)

[oa\\_help@email.com](mailto:oa_help@email.com)

512-339-6388



# Ostomy Association of Austin

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## Vision

The Ostomy Association of Austin is a volunteer based Non-Profit Health Support group dedicated to providing mutual aid and education, information and advocacy for persons and their families who have had or will have ostomy surgery?

It is our vision to educate, empower and inspire through information and mutual support in all phases of life.

## Mission

Through monthly meetings, newsletters and our website, the Ostomy Association of Austin provides non-medical pre/post-surgery management, support, guidance, education and advice for people with or expecting ostomy surgery. We provide access to WOC nurses, speakers, and the opportunity to learn from the experiences of other ostomates.

Visit our website for useful links, directions, membership application, Newsletter and more. [www.austinostomy.org](http://www.austinostomy.org) Need help or have questions: [oa\\_help@email.com](mailto:oa_help@email.com)

## How We Can HELP:

If you are about to have an ostomy operation or if you have already had one, we extend our hand and offer our combined knowledge, experience and support.

We are among the millions of ostomates in the United States and the hundreds right here in the Austin area!

Let us share ways in which you may continue to lead a normal and active life and connect with others having similar experiences.

## Problem-Solving Clinic

Our Problem-Solving Clinic is available for Ostomates the first Thursday of the month (same day as meeting), 1 pm to 5 pm at the Gethsemane Lutheran Church. This is a free clinic; donations to the Ostomy Association of Austin are accepted.

## Topics Include:

- Presentations by local professionals including Doctors, Therapists, Pharmacists
- Free Monthly Clinic with our Nurse
- Q & A with Nurses & Members
- Product Reps
- Nutrition, Diet, & Exercise
- Ostomy Appliance Management
- Skin Care
- Intimacy
- Travel Tips
- Quality of Life
- Care Giver & Family Support
- ... and much more!