

MEDIA RELEASE

Tuesday, 19 March 2019

Author Talk: Sandy Macken, Paramedic

Bayside residents can find out what it's like in a job where a few seconds can mean the difference between life and death when author Sandy Macken talks about her new book *Paramedic*.

Sandy Macken draws upon over 20 years' experience of life on the frontline, and shares an array of up-close-and personal accounts of racing at high speed to all kinds of real emergencies: from a car crash to an overdose, a drowning, a long fall, and even suicide.

Join us for an evening of powerful and heart-wrenching real stories from Sydney-based author, Sandy Macken, as she opens up on her journey through self-discovery and healing after 20 years being at the front line as an emergency First Responder. In this special talk, Sandy shares her experiences of the exhilaration and danger of emergency trauma like no other, where a few seconds can mean the difference between life and death, but also the raw beauty, vulnerability and remarkable resilience of the human spirit.

Bayside Council is hosting 2 free sessions of this talk:

Sandy Macken: *Paramedic*

Rockdale Library

10 April 2019 at 6pm

444 – 446 Princes Highway, Rockdale

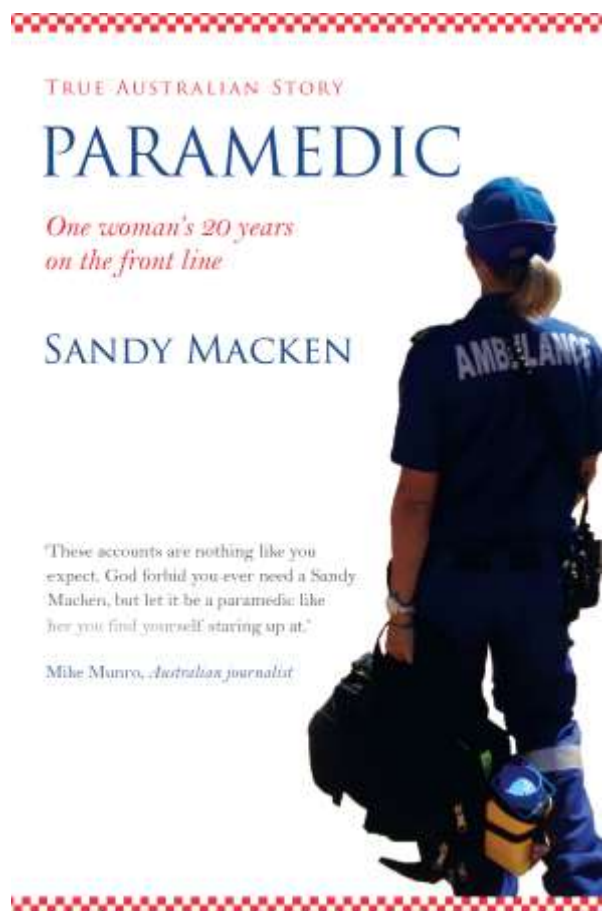
Eastgardens Library

11 April 2019 at 6pm

152 Bunnerong Road, Eastgardens

Bookings can be made at:

<https://baysidelibrary.eventbrite.com.au>



For more information:

City Media & Events

Bayside Council

02 9562 1662

communications@bayside.nsw.gov.au