



A fabulous night out in aid of Veterans in Action
at
Grosvenor Casino, Gunwharf Quays, Portsmouth PO1 3TZ
Thursday, 24 May 2012
7:30 p.m. - midnight

A great social evening
inclusive of:
3 Course Dinner
A free drink on arrival
A "flutter" on the tables courtesy of
Grosvenor Casino.
Free Parking

All for just £30 per person

AND it is all in aid of a charity
working very hard to support
veterans from any conflict.

**ALL THE PROFIT FROM THIS EVENT
WILL GO DIRECT TO
VETERANS IN ACTION**

Meet Mark Colman who is planning to break the **Guinness World Record for the Longest Submergence In A Controlled Environment** on the **18th June 2012** leaving surface at 1000 hrs. The record currently stands at 4 days and 4 hours which he plans to break and stay in for 5 days.

Mark used to be a commercial diver but lost a very close friend when diving which had a lasting effect on him and although Mark did not know it, he was suffering from PTSD (**Post Traumatic Stress Disorder**), with other events in his life taking a part in this as well.



Making this World Record Attempt is a huge personal challenge for Mark, but he is also doing it to raise money and awareness for the people who have helped him through it - **Veterans In Action**.

To book your tickets:

**call Laura Swetman on 02392 343772 or book online at
www.aqnetworkingforbusiness.co.uk - Special Events**