

— **ONE TIME WORKSHOP** —

# **YOUR HEART, YOUR HEALTH**



A workshop with the NHS to support a healthier heart and a healthier you.



**FREE BLOOD  
PRESSURE  
CHECKS**

Quick, easy and could save lives.



**EDUCATING  
ABOUT HEART  
DISEASE**

Learn, ask questions and take charge of your heart health.



**THE MOSSES CENTRE, BL9 0RZ**



**DR ALI**  
Medical Doctor

RAN BY:



**NURSE  
ALISON PORTER**  
Practice Nurse



**THURSDAY  
4<sup>TH</sup> JUNE**



**12-1PM**



**OPEN TO EVERYONE**



*Let's look after our hearts, together.*

