

# Blood Pressure and Cardiovascular Health Event

## Our Health Matters

Come along for complimentary coffee and cake, and a chat with local health professionals to find out more about your cardiovascular health.

Visit our stalls hosted by organisations, including local GP surgeries and Stroke Association, listen to talks, and take part in chair-based exercises.

Everyone is welcome, but booking a free place is recommended.



**Date:** Monday 13th November, 2 - 6pm

**Venue:** Aberford Community Centre, Borehamwood, WD6 1PL

To book your FREE place, please

Visit: [www.communities1st.org.uk/healthmatters](http://www.communities1st.org.uk/healthmatters)

Email: [welcome@communities1st.org.uk](mailto:welcome@communities1st.org.uk)

or Call: 01727 649900

Scan to Book



# Event Programme

From 2.30pm, there will be talks delivered by:

- **Manor View at Theobald Surgery**

Dr Hannah O'Keefe will give a talk on blood pressure and cardio-awareness.

- **My Physio at Home**

Steph Horn will lead a fun, interactive chair exercise session on the benefits of keeping active.

- **Stroke Association**

A volunteer will be sharing their lived experience.

- **Learning Disability team**

Discussing making reasonable adjustments.

- **Hertfordshire Community NHS Trust**

Healthy Eating for a Healthy Heart



**Blood Pressure Testing Station and Health Checks available!**

**Enjoy complimentary refreshments and visit stalls hosted by:**

Adult Care Services' Community Learning Disability team, Diabetes UK, Fairbrook Medical Centre, Hertfordshire Healthy Hubs, Hertsmere Borough Council, Manor View at Theobald Surgery, Public Health's Health Improvement team, Rennie Grove Peace Hospice's Compassionate Cafe, My Physio at Home, Stroke Association, The Grove Medical Centre, West Hertfordshire Community NHS Trust's Nutrition and Dietetics team.

**Scan to Book**

