

Free Workshop

NHS
Hillingdon
Clinical Commissioning Group

Healthy Heart Workshop

Find out more about how to reduce your risk of getting high blood pressure, cholesterol and what you need to do to take care of your heart.

This workshop will introduce you to the following:



- *How the heart works*
- *What is high blood pressure and what causes it*
- *What is cholesterol - what causes it and steps you can take to prevent it*
- *Factors that cause heart disease*
- *What you can do to have a healthy heart*

When:

Sunday 14th February

Time : 12:30—3:30pm

**Venue: Adhya Shakti
Mataji Temple**

55 Hight Street

Cowley, Uxbridge UB8 2DZ

Places are limited register your place now in the Temple with priest