

HEALTHY HEART DAY



MAY 1ST

Drop in Health Checks

Where: Dairygold
Coop, Mallow

Time: 10-4pm

Get your blood
pressure and BMI
checked, get advice
from cardiology nurses

Heart Health Talk

Where: Mercy Centre,
Fair St. Mallow

Time: 1.30-2.30

The talk will cover;

- Risk Factors
- Signs and Symptoms of Heart disease
- Importance of being active
- Community Supports

+ info stands

To book to attend the talk contact:

1. Padraig Denn, padraig.denn@hse.ie 087-2386244, or
2. Catriona Cotter, catriona.cotter@hse.ie 087-4026149

