

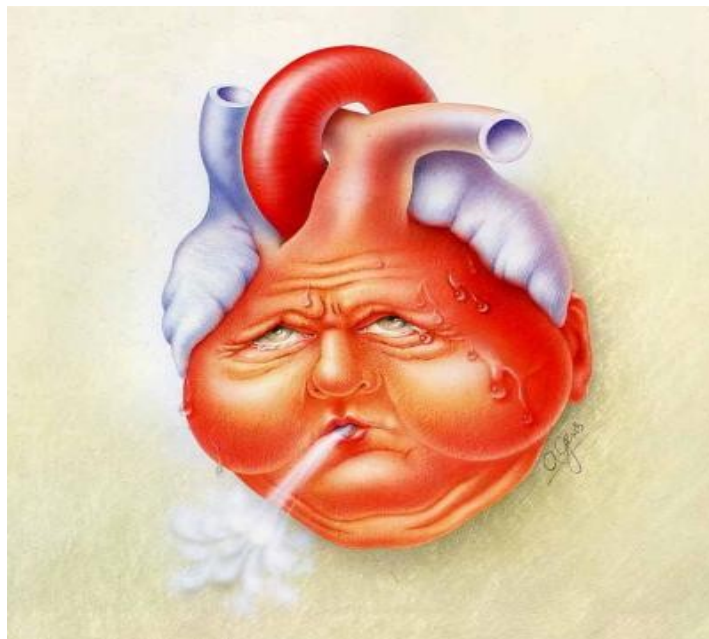
Ever had:

Shortness of breath?

Swollen ankles?

Unexplained tiredness?

Get to the **HEART of the matter!**



“The aim of this event is to increase awareness of heart failure and its effect on peoples lives”

WHAT'S IN IT FOR YOU ?

-Opportunity to join in the discussion about the importance of an early and accurate diagnosis and optimal management of heart failure.

-Get these health checks done: **BLOOD PRESSURE** ✓ **height and weight** ✓ **and BMI calculated** ✓

JOIN US!

We have collaborated with your local community services such as Age Well, TLC Care Services , City Hackney Carers and local health care services to make this event happen for you!

Where: Hackney Central Library 1 Reading Lane E8 1GQ **beside Hackney Town Hall**

When: 6th May at 9:30am-2:30pm

Please contact: The Heart Failure Team on 0208 919 5002 or 07889413755