

HEALTHY HEART EVENT

Orford Jubilee Park
Reception Area

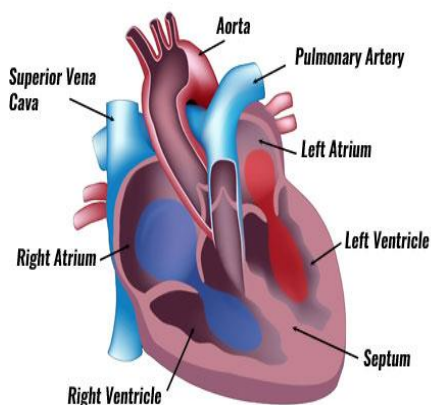
Wednesday 17th October

4pm to 7pm

FREE BLOOD PRESSURE AND ATRIAL FIBILLATION CHECK

AF increases the risk of stroke
and heart attack

Come and meet Warrington
cardiologist Dr Farag and
Livewire healthy heart advisors
for help and advice about
improving your heart health



HOW HEALTHY IS YOUR **HEART**?

START

The Heart Age Test:

- Tells you your heart age compared to your real age
- Explains why it's important to know your blood pressure and cholesterol numbers
- Gives advice on how to reduce your heart age



**STOP SMOKING
ADVICE with
Trained
Advisors**



LiveWire



EM Eric Moore
Partnership Medical Practice

NHS

Warrington and
Halton Hospitals
NHS Foundation Trust