

HEALTHY HEARTS DAY



COME AND JOIN US IN SUPPORT OF THE BRITISH HEART FOUNDATION AT CONCORD SPORTS CENTRE

ENTRY IS FREE WITH DONATIONS WELCOMED

MORNING ACTIVITIES: 10AM - 12PM

COMMUNITY STALLS
& ACTIVITIES

FREE HEALTH CHECKS

FUN GAMES, RAFFLE
& FUNDRAISING

FREE LUNCH

**REFRESHMENTS PROVIDED
THROUGHOUT THE DAY**

AFTERNOON ACTIVITIES:

EXCITING TALKS AND DEMOS
BY HEALTH PROFESSIONALS ON
HOW TO LIVE A HEALTHY LIFESTYLE
(MADE EASY)!

NETWORKING AND
DISCUSSION **1PM - 2PM**

CARDIAC OLYMPICS - COME &
GET INVOLVED **1PM - 3:30PM**

PLEASE CONTACT: **JAMES BALL**
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