MAGNETS
Quality On Time, Every Time
Health Talk
‘heart health for a healthy future’

The Cardiac Rehabilitation Team from West Cumberland Hospital will be providing information about Cardiovascular Disease, including advice on healthy eating, benefits of exercise and coping with stress.

The talk is open to anyone who would like to attend and find out more about having a healthy heart.

Monday 15th August 2016 | 6.00pm - 7.30pm

Minehill House Community Centre
Blue Haven, Cumbria, CA26 H7

Concern worldwide
Unity HOUSING
FAIRNESS IN THE COMMUNITY

House 01
50x75mm  Price Ref. 32

House 07
72x110mm  Price Ref. 15

House 10
70x70mm  Price Ref. 24

House 03
55x85mm  Price Ref. 25

House 09
52x55mm  Price Ref. 40