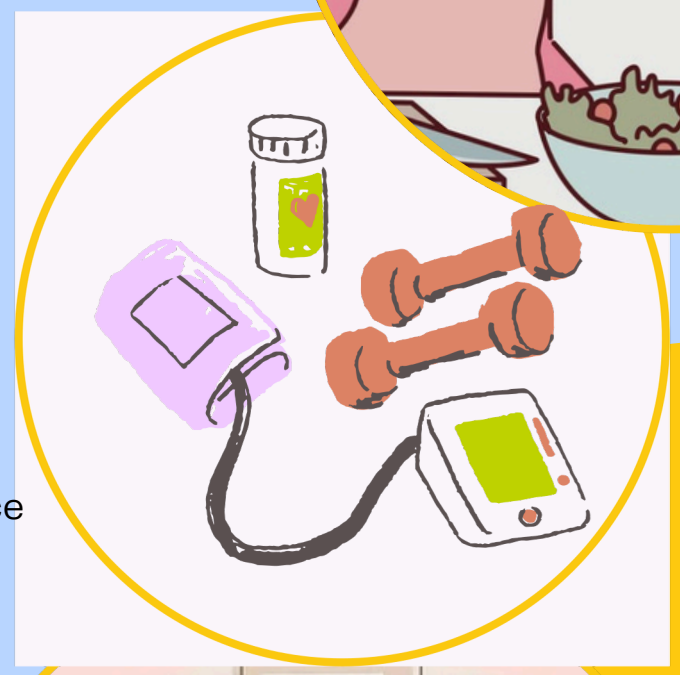
Healthy Heart: Hypertension Awareness & Self Management

Joinourworkshops tolearn how tomanageyour blood pressure and improve your heart health!

Tuesday 23rd September 2025
Tuesday 30th September 2025
1:00 - 2.30pm

Everglade Medical Practice Grahame Park Health Centre, The Concourse, NW9 5XT





Free Blood Pressure Checks

Health & Well-being Coaching

Moderate Exercise Support

Dietitian Support

Pharmacist Advice

Open to adults aged 18+, especially from African, Caribbean, and South Asian backgrounds.
Let's take charge of our heart health — together!

Meet your local Healthy Heart Team

Judi, Riffat & Salna offer peer support, training and coaching







