



Healthy Hearts

A 6-week British Heart Foundation course to help people reduce the risk of heart illness through looking at their lifestyle and how small changes to diet and physical activity levels can make a world of difference!

Sessions last 1-2 hours and are run in your local community

To book a place on a course contact Caerphilly Communities First
commfirst@caerphilly.gov.uk
01443 864139
or message us on Facebook!



Topics include:

- How the heart works
- What is coronary heart disease
- Symptoms of coronary heart disease and heart attack
- Reducing risks by eating healthier, exercising more, stopping smoking, reducing alcohol intake and dealing with stress

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