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# Heart Health

What can you do today to protect your heart tomorrow? A clear, practical guide to reducing your risk of heart attack and heart failure.

With **Dr Chris Critoph**

Consultant Cardiologist

and Clinical Lead for Heart Failure UHD

## Tuesday 16 June, 2pm

**St Saviours Church, Colemore Road,  
Bournemouth BH7 6RZ**

**Doors open 1.15pm for refreshments and exhibition stands**  
Bus route X1, X2, 1a, 2. Disabled parking in the church grounds (please book)

**Free parking is available on Holdenhurst Avenue,  
Warnford Road, Meon Road, and Durrington Road.**

To book or for further information please  
email: [uhd.ftmembers@nhs.net](mailto:uhd.ftmembers@nhs.net) or call **0300 019 8723**