

# Lothian Healthy Hearts Day

Wednesday, 7 June 2006  
Between 3.00pm and 7.00pm  
Royal Commonwealth Pool, Dalkeith Road, Edinburgh

Are you, your partner or a family member affected by Heart Disease?  
Then this **FREE** event is for you!

- ♥ Attend one of the rolling programme of **Education Sessions** on **First Aid** skills, **Healthy Eating**, keeping your **Heart Healthy** and many more.....
- ♥ Try a new activity with **FREE Taster Sessions** on...**Yoga, Dancing, Tai Chi, Pilates, Gentle Exercise** (mixed and women only) and many more.....
- ♥ Browse the **Healthy Living and Information** stands and learn more about what Lothian can offer you
- ♥ Sample delicious and healthy **Smoothies** and take home some ideas to try out at home
- ♥ Relax and enjoy a **FREE hand, neck or shoulder massage** (places limited)
- ♥ Meet & chat to members of the local **Heart Support Groups**
- ♥ Pick up some free information from the **British Heart Foundation** and **Chest, Heart & Stroke Scotland** stalls
- ♥ Challenge our **Expert Panel** with your questions and queries on keeping your heart healthy or living with heart disease
- ♥ Find out about the **MCN Patient and Carer Forum**, where you can make your voice heard and help shape local services for other heart patients
- ♥ Learn more about the services and support that are available to you in Lothian
- ♥ Enter the **free prize draw!**
- ♥ And much more.....

Many sessions will be repeated throughout the afternoon/evening so feel free to join us for the whole event or just drop in when you have the time!

**The full programme will be advertised throughout Lothian in the near future...so keep your eyes open for more details!**

## Lothian Healthy Hearts Day

is aimed at people in Lothian who are living with a heart illness  
and is brought to you through a partnership of:



Lothian Heart Support Groups  
Lothian CHD Managed Clinical Network (MCN)  
British Heart Foundation  
Chest, Heart & Stroke Scotland

