

# Healthy Heart, Healthy You!



## How old is your heart?

**Did you know your heart age might be older than you?!**

How we live our lives can affect how well our heart performs. Come along and meet the Wellbeing Team to find out more at

**Bognor Regis Town Hall,  
Council Chamber, 1st floor  
between 10 am & 3 pm  
Thursday 21st February**

*Have a blood pressure check and take a short questionnaire to find out your heart age compared to your real age. You can also have an informal chat with one of our Wellbeing Advisers around positive changes you can make to help lower your heart age.*



**We're looking forward to seeing You!**

T: 01903 737862 E: [info@arunwellbeing.org.uk](mailto:info@arunwellbeing.org.uk)

[www.arunwellbeing.org.uk](http://www.arunwellbeing.org.uk)

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You can self-refer to our services via secure E-forms on our website.

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@ArunWellbeing

Call us: 01903 737862 (general enquiries)

For individual services please see contact details below:



### Wellbeing Advisers

For more information please contact the Wellbeing Team on 01903 737862



### Wellbeing Workplace

For more information please contact the Workplace Co-ordinator on 01903 737865



### WISE

For more information please contact the Wellbeing Team on 01903 737862



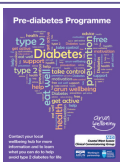
### Wellbeing Active and Better Balance

For more information please contact the Activities Co-ordinator on 01903 737945



### Pre-diabetes Programme

For more information please contact the Wellbeing Team on 01903 737862



### Wellbeing Home

For more information please contact the Home Energy Visitors on 01903 737925/737941 (Arun) or 01243 521041 (Chichester)



### Family Wellbeing

For more information please contact Caroline from START on 07712 290606



### Cook and Eat

For more information please contact Health Champions on 07747 017372 or email [info@health-champions.co.uk](mailto:info@health-champions.co.uk)

