

#REACHOUT Community Education

How to look after your heart through:

- Diet
- Exercise
- Blood Pressure

This is your opportunity to hear the best ways to look after your heart health first hand from an expert Consultant Cardiologist.

Dr Ash

Kotecha has over 18 years' experience in the NHS.



Taking place at St Thomas Methodist Church, 110-111 Cowick Street, Exeter EX4 1HD on Wednesday 7th December at 6:00pm



To reserve your space please email k.macmillan@nhs.net and include your contact number and postcode