Healthy Heart Check-In: Hypertension Awareness & Self-Management

Tuesday 28th July 2026
12:00 - 1:00pm

Watling Medical Centre
108 Watling Avenue, Edgware HA8 0NR



GROUP FEEDBACK SESSION

Join us for a relaxed and friendly follow-up workshop.

Share your experiences and progress since **COMPLETING THE WORKSHOP**

Talk about the changes you've made to **YOUR HABITS, DIET, AND LIFESTYLE**

Help us understand what support works **BEST FOR YOU AND YOUR COMMUNITY**

Who can take part?

This session is only for patients who have previously participated in our Healthy Heart: Hypertension Awareness & Self-Management workshops.

What we'll talk about:

- How your blood pressure is now
- Lifestyle changes you've made
- Eating habits and diet improvements
- Physical activity and wellbeing
- What support you've found helpful
- Ideas for future sessions and support
- With Cadent supporting Healthy Heart we can now referral to the Green Doctors for fuel concerns and any debt issues.

Your feedback helps us improve our services and ensure we're meeting the needs of our community. Together, we can build healthier hearts and stronger communities.

Be part of the conversation.
Your voice can make a difference!

We're here to support you every step of the way.
Let's keep working together for a healthier you and community.