

Healthy Heart Event

Wednesday 11th February

2.00pm - 3.00pm

**Join us to learn the importance of
keeping your heart strong and healthy.**

Enjoy a session
to explore the benefits of regular movement and
simple ways to support your overall wellbeing.

There will be refreshments available.

Werrington Lodge Care Home

Baron Court, Werrington Meadows, Peterborough, PE4 7ZF

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