



Healthy Heart Event

Tuesday 24th February 2026

11.00am - 12.30pm

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

This session will include a low intensity aerobic exercise class to support lowering blood pressure, reduce cholesterol and improve mental wellbeing.

Please contact Mallard Court Care Home on 01262 401543 to RSVP

Mallard Court Care Home

Avocet Way, Kingsmeade, Bridlington, YO15 3NT

Tel: 01262 401543 · www.barchester.com

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