

HEART & MIND WELLBEING DAY

Small steps for a healthier heart and mind

**Thursday
25 June**

10.30am-2pm

LONDON MUSEUM STUDIOS
FLOOR 1, 1 EAST POULTRY AVENUE,
EC1A 9PT

5 mins walk from bus routes and Farringdon tube
Lifts and accessible toilet

WHAT'S HAPPENING ON THE DAY:

♥ A Heart Health Talk from
University College Hospital London ♥

♥ Historic Walk
around Smithfield Market ♥

♥ Relaxation and
creative activities ♥

♥ Free 1:1 health checks ♥

♥ Refreshments and
free lunch included ♥



YOUR INVITE

Book to join us for
a feel-good day with
information, health
checks and social
'taster' activities.



No pressure.
No judgement.

Just practical support
in a welcoming
place.

YOUR HEART HEALTH MATTERS

Did you know – many people in
London have a 'heart age' older
than their actual age?

The good news is that **small
changes can make a real
difference** and it's never too
late to start.

BOOK YOUR FREE PLACE Places for 30 attendees (by invite only).

Contact Age UK Islington on 020 7281 6018 or gethelp@ageukislington.org.uk

HEART & MIND WELLBEING DAY



LONDON MUSEUM



Thursday 25 June 10.30am-2pm

LONDON MUSEUM STUDIOS

FLOOR 1,
1 EAST POULTRY AVENUE,
EC1A 9PT

10.30am-11am

Arrival, refreshments and health checks (optional)

11am-11.45am

Heart Health Talk

Hear from the University College London cardio team about simple ways to take care of your heart, stay well for longer and when to seek medical advice.

11.45am-12.30pm

OPTION 1 – Heart, Health and History Walk

A gentle walk exploring the history of the Smithfield Market area while getting some light exercise.

11.45am-12.30pm

OPTION 2 – Conservation Activity

A fun, hands-on session piecing together broken pottery, reflecting the conservation work carried out by the museum.

12.30pm-1.15pm

Lunch and Health checks (optional)

1.15pm-2pm

Guided Relaxation

A seated activity designed to calm the body and mind, with gentle breathwork, stretching and time to pause and reset.

BOOK YOUR FREE PLACE

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FREE EVENT

WHAT IS HEART AGE?

Heart age is a simple way of understanding how healthy your heart is compared to your actual age.

Your heart age can be affected by:

Blood pressure, Physical activity, Stress levels, Sleep, Smoking, Cholesterol and Lifestyle habits.

Even small positive changes can help improve heart health over time.