

The Mater Private in association with Howth Yacht Club

Offering members **blood pressure** and **blood glucose checks** along with informative health talks

1.

Heart Health

Heart palpitations to chest pain

Know the symptoms and what to do if affected

2.

Diabetes in the over 55's

Knowing the risk factors

Tips and advice to reduce your risk and stay healthy

Our experts will offer free blood glucose and blood pressure checks on site along with any advice you need.



**Mater
Private**

Get Better. Get the Best.

5th June 2014

10.30am - 11.30am
&
6.30pm - 7.30pm

To book your place:

Email

YachtClub@neventsmanagement.com

or

Phone

0876551784