



LET'S TALK ABOUT ... No Pressure

How to manage your blood pressure, stay healthy and enjoy life!

- Take part in activities like zumba, mindfulness and yoga, and enjoy a bit of pampering
- Find out about local services that can help you stay healthy
- Check your blood pressure, test your health know-how and win prizes
- Enjoy a healthy, free lunch and meet other local residents
- Receive top tips for self-care from a local GP, pharmacists and other residents just like you.



Come and join us on Tuesday 19 November 2019, 11am-3pm at The Pembury Centre (1 Atkins Square Dalston Lane, Hackney E8 1FA)

Book by clicking [here](#) or phone 0203 816 3227. Alternatively just turn up on the day!

This event is part of Let's Talk conversations aimed at gathering residents' views on what the future of health & care services should look like in City & Hackney delivered on behalf of Integrated Care Partners.

