

FIFTH IN A SERIES OF FREE TALKS ORGANISED BY THE MAGNOLIA HOUSE AND KINGS CORNER PATIENT GROUPS AND SUPPORTED BY BRACKNELL FOREST PUBLIC HEALTH PREVENTION AND SELF-CARE PROGRAMME AND BRACKNELL AND ASCOT CLINICAL COMMISSIONING GROUP

## YOUR HEALTH MATTERS



### HEALTHY HEARTS

A talk by

**Dr Anant Sachdev**

**GP at Ringmead Medical Practice, Bracknell and  
Clinical Lead GP for Cardiology for Bracknell & Ascot CCG**

Dr Sachdev's talk will include:

- How to keep your heart healthy
- Recognising signs & symptoms of a heart attack
- Symptoms, types and causes of Atrial Fibrillation
- Medicines and treatments available

The talk will take place on

**Thursday 22<sup>nd</sup> March 2018 from 7.30 – 8.30pm  
at the Berkshire Suite at \*Ben Lynwood Village, Sunninghill**

Free of charge  
Everyone welcome

\*Ben Lynwood Village, Kings Road, Sunninghill SL5 0FG

Please note there is **NO PARKING** inside the Village itself.