

HEARTS & MINDS



Ali Orhan - British Heart Foundation and Nigel Cooke - One Nottingham will launch the new and exciting year long programme for Nottingham.

- Presentations from local people making changes:
 - The Love Hearts
 - Champions of Change
 - Women Leading Learning
- Presentations from health professionals and special guests
- Reggaerobics meets Zumba demonstration - sign up for classes, coming soon!
- Launch of four heart health radio adverts produced by monOlisa. Hear them first here!
- Meet Nottingham's new celebrity chef
- Opportunities to share your positive ideas to improve heart health
- Help shape a programme aimed at Asian communities in Nottingham
- Tasty, heart-friendly lunch and refreshments using the BHF Caribbean recipes
- Free resources and goody-bags



Plus, talk with local workers about

- opportunities for free courses
- physical activity opportunities for all
- health advice and support services for you and your family
- funding opportunities for groups

Event hosts

TV and radio presenters Trish Adudu and Christine Belle



www.heartsandmindsnottingham.wordpress.com