

DROP IN EVENT - COME AND LISTEN TO A TALK OF YOUR CHOICE

Diabetes and Hypertension Education Event

WEDNESDAY 13TH SEPTEMBER 2023

14.00-18.00

More info :

[everglademedicalpractice.com/
communityevents](https://everglademedicalpractice.com/communityevents)

LOCATION:

Everglade Medical Practice
The Concourse, Grahame
Park Health Centre, London
NW9 5XT

TALKS BY VARIOUS SPEAKERS:

14:30 ***Importance of Diabetes annual health checks*** - Anita, Diabetes Nurse, CLCH Diabetics Team

15.30 ***Diabetes & Lifestyle - Managing Your Condition***, Dr Heather Hills, Everglade Medical Practice

16.30 ***"Making small changes for a big result - managing your high blood pressure at home"***
Judi Dumont-Barter, Inclusion Barnet

17.30 ***Hypertension and Lifestyle*** - Janki Joshi,
Pharmacist, Specialist in Hypertension



**FREE Mini
Health Checks
on the day**

