



**Well Talks provide
information to enable
your employees to
improve their overall
health and wellbeing.**

A red-tinted background image showing a person standing at the front of a room, gesturing, while an audience of people is seated in the foreground, seen from behind.

**Chest
Heart &
Stroke**



Well Talk sessions will provide information on lifestyle changes employees can make thereby reducing their risk of developing chest, heart or stroke conditions.

Topics available:

- Know your signs and symptoms
 - Chest
 - Heart
 - Stroke
- Know your ABC's
 - Atrial Fibrillation
 - Blood Pressure
 - Cholesterol
- Healthy Eating
- Physical Activity
- Alcohol
- Smoking
- Sleep

WHAT OUR CLIENTS SAY

"Excellent, thank you, very useful tips and things to take away. Feeling more motivated as a result."

"Life changing – made me sit up and listen! Definite wakeup call!"

To learn more about our services visit:

www.nichs.org.uk/WellNI
T. 028 9032 0184