



**Penrith Women's  
Health Centre**

Established 1987



Join us for an empowering and informative discussion on the importance of heart health.

# LET'S TALK HEART HEALTH: UNDERSTAND & PROTECT YOUR HEART

- What is heart disease
- Signs and symptoms
- How can we prevent heart disease
- Who should have a healthy heart check

**PRESENTED**

**BY:**

**JENNI**

Women's Health Nurse

**WHERE:**

**Thornton Community Centre**  
61 Lord Sheffield Circuit, Penrith

**THURSDAY  
16 MAY**

**10:15 AM – 11:15 AM**

PLEASE BOOK VIA:

**(02) 4721 8749**

**HELLO@PWHC.ORG.AU**

[www.pwhc.org.au](http://www.pwhc.org.au)