

**Tatura Heart Peer Support Group**

**Are you:
✔ Recovering from a heart event?
✔ Living with heart disease?
✔ Caring for a loved one with heart issues?
✔ Simply interested in maintaining your health and wellbeing?**

**Then this Heart Peer Support Group is for you!**

**Join us and enjoy:**

**❤️ Heart health activities
📚 Educational sessions on heart health
🤝 Social connection and shared experiences
📰 Newsletters and updates**

**Walking groups
Access to community resources and services**

**Come along and see if this group is right for you!**

**Date: Third Monday each month
 Time: 1:30 PM – 3:00 PM
 Location: Community House, 12-16 Casey St. Tatura
All welcome! No Booking required.**

 **Contact us for further information.**

**📞 M. 0427 241 724
📧 Heartbeatvictoria@outlook.com**