

KEIGHLEY HEARTS SUPPORT GROUP

Starts
Thursday 12th
December



JOIN US ON THE
SECOND THURSDAY
OF EVERY MONTH

ARE YOU LIVING WITH A HEART CONDITION?

JOIN OUR SUPPORTIVE COMMUNITY TO CONNECT WITH OTHERS WITH SIMILAR CONDITIONS AND SHARE YOUR EXPERIENCES IN A SAFE, WELCOMING ENVIRONMENT, WITH OCCASIONAL GUEST SPEAKERS.

We welcome anyone who is:

- Newly diagnosed and wanting to learn how to live well with their condition
- Living with an existing heart condition and willing to offer support to others, or wanting to expand their support network

10.00am - 11.30am



**Sangat Community Centre,
Marlborough Street, BD21 3HU**



SANGAT CENTRE

No need to book, just turn up. Carers welcome.

For more information, contact us:



admin@khl.org.uk



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