

Invitation to Heart Rhythm Event

11am- 2.30pm on Thursday 14th May 2020

Orford Jubilee Neighbourhood Hub, Jubilee Way, WA2 8HE

You are warmly invited to attend a free health event where you can hear the following presentations:

- Know your heart rhythm. Find out about the signs and symptoms of Atrial Fibrillation (the most common heart rhythm disturbance). There will also be AF screening available for those attending at the end of the talk.
- Hear about the 'Outstanding' CQC Liverpool Heart and Chest Hospital
- Lifestyles – how you can make that change and what is available to support you at Orford Jubilee Neighbourhood Hub.

There will also be the opportunity for questions at the end of each session. All welcome – come along for the whole programme or one session. The programme is available at www.lhch.nhs.uk. To register please call 0151 600 1410 or email membership.office@lhch.nhs.uk. Join us for a cuppa - we look forward to meeting you.



Heart Rhythm Event

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Programme

11am – Welcome (Refreshments available on arrival)

**11.05am - Presentation from Liverpool's specialist heart and chest hospital.
Putting patients at the centre of what we do – Joanne Shaw, Head of
Nursing – Clinical Services at LHCH**

11.25am – Q&A with Joanne Shaw

**11.40am – Lifestyles - how you can make that change and what is available
to support you at Orford Jubilee Neighbourhood Hub with Paul Corless,
Healthy Lifestyle Advisor**

12 noon – Q & A with Paul Corless

**12.15pm - Atrial Fibrillation – Dr Deirdre Lane, Reader in Cardiovascular
Health at University of Liverpool, Liverpool Centre of Cardiovascular Science**

12.40pm – Q&A with Dr Deirdre Lane

**1pm – Atrial Fibrillation Screening and opportunity to visit health and
wellbeing marketplace**

2.30pm – Close

