

What's on

Botwell Green Library

Wednesday
9 September
7 October
11 November
9 December
10am to 12pm



**Healthy Heart
Workshop**



**Sessions will cover the
following topics:**
Understanding the risks of
heart disease
Know Your Numbers
Healthy Eating
Myths and Facts

To book your space or for more information, contact
Botwell Green Library on 01895 558633 or email:
botwellgreen-library@hillingdon.gov.uk



HILLINGDON
LONDON



**National
Year of
Reading
2026**

**GO
ALL
IN.**

What's on

Botwell Green Library

Wednesday
9 September
12pm to 5pm

NHS Health checks: Know your numbers
Free Blood Pressure checks
Lifestyle Advise

Visit us between 12pm and 5pm for a free blood pressure check and expert advice on maintaining a healthy lifestyle.

For more information please contact Botwell Green Library on 01895 558633 or email: botwellgreen-library@hillingdon.gov.uk

