

# CRÓÍ



# Heartfest

Join Croí in collaboration with the University of Galway for a **FREE** two day **World Heart Day** festival, a holistic cardiovascular health and wellness event!

 University of Galway, Upper Aula Maxima

 Wednesday, September 27th

 10am - 3pm



OLLSCOIL NA  
GAILLIMHE  
UNIVERSITY  
OF GALWAY

Heart Health Checks | Talks on Goal Setting & Physical Activity |  
Nordic Walking | Tai Chi Demonstrations

 Croí House, Newcastle, H91 FF68

 Thursday, September 28th

 10am - 3pm

# CRÓÍ

Fighting Heart Disease & Stroke

Heart Health Checks | 'Top Tips' Talks from the Croí Health Team |  
Yoga & Back to Fitness Tasters | Interactive Digital Health Stands

VISIT [CROI.IE/HEARTFEST](https://croi.ie/heartfest) FOR MORE  
INFORMATION OR SCAN THE **QR CODE**:



## WORLD HEART DAY

Supported by:

AstraZeneca 

Croí Heart & Stroke Centre,  
Newcastle, Galway, H91 FF68

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