



Almost 1 in 6 men
in the UK die from
heart disease -
make sure you're
not one of them.

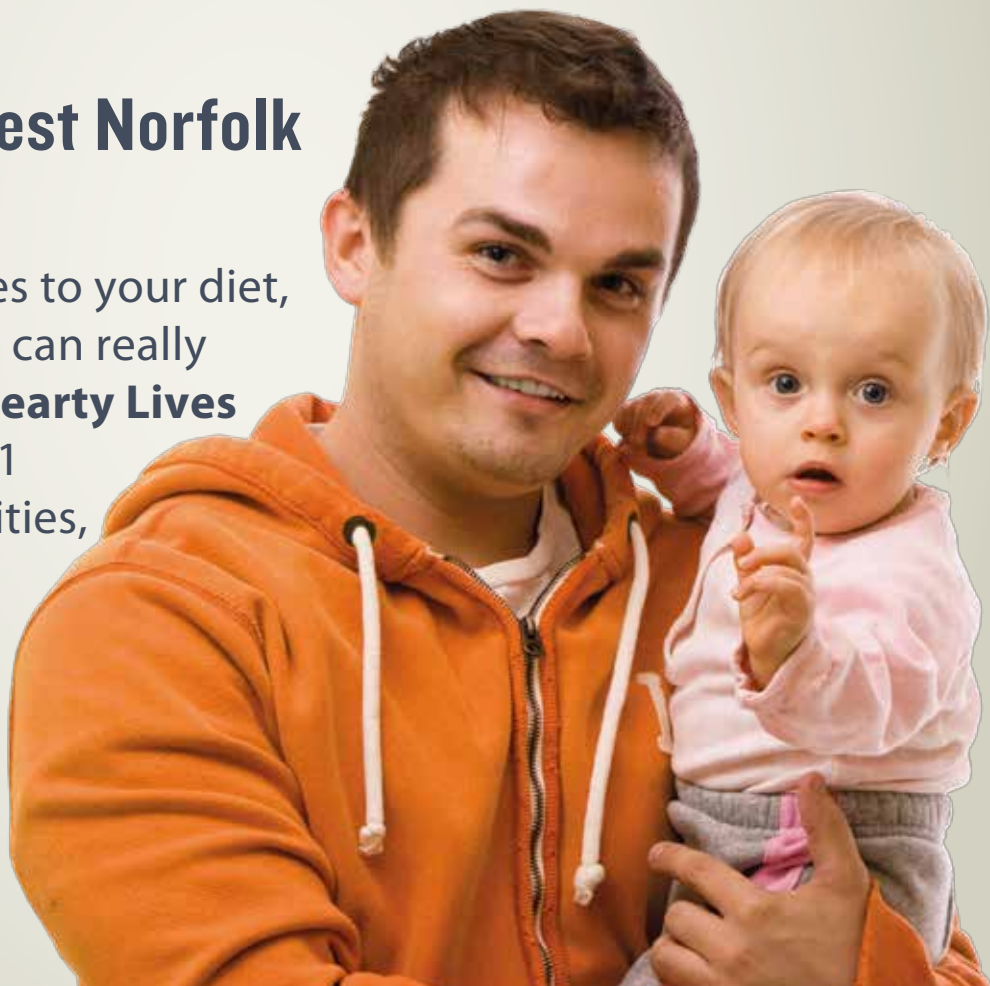
LOVE YOUR HEART

with help from
Hearty Lives West Norfolk

Making small changes to your diet, exercise and lifestyle can really benefit your heart. **Hearty Lives** offers men free 1-to-1 support, family activities, sports and cooking classes.

**FIGHT
FOR EVERY
HEARTBEAT**

bhf.org.uk



Find out more

Text Heart to 65000 and we'll call you or

-  www.facebook.com/HeartyLives
-  www.twitter.com/HeartyLives
-  www.norfolklivingwell.org.uk
-  01553 782629

In partnership with

 **Norfolk** County Council

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