

# HOW HEALTHY IS YOUR HEART?

TAKE PART IN OUR SHORT 5 MINUTE SURVEY TO FIND OUT!  
YOU MAY BE ELIGIBLE FOR FREE COACHING TO  
IMPROVE YOUR HEALTH



## Why should you take part?

- Poor heart health is the biggest cause of death and illness in England.
- Improving your heart health can have positive effects in all aspects of your life.
- Understanding your heart health is an important step to improving it.
- Take part in our short survey to understand your own individual heart health.

## How can we help?

- If the survey shows that you could improve your heart health, we can help!
- We are offering free health coaching sessions for people in Hangleton and Knoll.
- The coaching will be run by people in your community and will involve one-to-one virtual coaching.
- We will help you to set health goals, and to achieve them.

Any questions please contact 01273 410858, [clare.hopkins@hkproject.org.uk](mailto:clare.hopkins@hkproject.org.uk)

Follow this link [https://is.gd/SPICES\\_SUSSEX2](https://is.gd/SPICES_SUSSEX2)  
to take part in the survey. It only takes 5 minutes.