

# Peterborough Beats Together



**Saturday 28 September, 9am-12noon at Ferry Meadows**

**Find out how to improve your health and reduce your chance of cardiac disease at the city's first ever heart health event:**



**Tips of exercise and diet**



**Cooking demonstrations**



**Blood pressure and heart rate checks**



**Learn how to perform CPR**



**Treasure hunt and climbing wall for children**

We will also be attempting to create a Guinness World Record for the largest number of people coming together to form a pill.



**#PboroBeatsTogether**