

# My Health Matters!

## HEALTH FAIR

### Free Health Checks & Information:

- Irish Heart Foundation (Heart)
- Marie Keating Foundation (Cancer)
- Blood pressure and pulse
- Cholesterol
- Weigh-In

### Free Self Care:

- Pilates or Yoga Sesion
- Eyebrow Threading
- Manicure

**Venue: St. Agatha's, Dunne Street, Dublin 1**

**Date: Friday, September 13, 2019**

**Time: 10:00 - 16:00**