

Order your HEART RHYTHM WEEK Packs to collect at Regional Cardiac Update Courses



If you are attending Regional Cardiac Update Courses this year, we can prepare your Awareness Pack(s) with a selection of **Pulse Check Guides, Checklists and Posters** for you to collect on the day.

Step 1: Select your Awareness Pack(s) to order...

- 1. Pass the Pulse with 'Pulse Check Cards'** – Teach people how to take their pulse, what it means and when they should seek further advice for an irregular heartbeat.
- 2. Put the Pulse into your practice with a 'Posters and Leaflets Pack'** – Take this pack to a GP surgery, hospital, medical centre, care home, local school, work place, and community centre.
- 3. Pick up a Pulse with a 'Pulse Check Pack'** – This pack is for those holding a Pulse Check Clinic teaching people how to take their pulse. It can also be used for those holding a display stand at your local hospital, shopping centre, GP surgery or community centre. We have Pulse Check Guides, checklists, and promotional materials you can use.

Email joanna@heartrhythmcharity.org.uk with details of your planned Heart Rhythm Week activity and which meeting you are attending.



Step 2: Place your order: To ensure your pack is ready for collection, please place your order at least 2 weeks before the specified Cardiac Update Meeting date