



West
Yorkshire
Combined
Authority

Tracy
Brabin
Mayor of
West Yorkshire

Healthy
Working
Life



**Health and
Wellbeing Academy**

University of Huddersfield

Get Set Goal Free Health Checks

Get Set Goal is a wellbeing service that forms part of the Health and Wellbeing Academy at the University of Huddersfield. It is a service that is committed to improving the health and wellness of individuals and communities by helping people to achieve personal goals by making informed and positive lifestyle choices. Come and see our healthcare students who will be offering health checks.

The health check includes blood pressure, oxygen saturation, respiration and heart rate, this simple check can help to identify and prevent long term conditions such as stroke and heart attacks.

**Friday 30th January from 9am - 12noon at
Mirfield Salvation Army, 106 Huddersfield Road WF14 8AF**

**Friday 30th January from 1 - 4pm at
Mirfield Library, Easthorpe Lodge, Huddersfield Road WF14 8AN**

Suitable for ages 18+ only. No need to book, just drop in.
For more information, please contact Cathy Deihim (Wellness Worker)
by emailing: cathy@s2r.org.uk or calling: 07729 262 741