



# Gurkha Nepalese Welfare Society, UK

गोरखा नेपालीज कल्याणकारी समाज, यु.के

Charity Number: 1177281

## 9th programme: 21 August, 2019: Orientation about Hypertension, Stroke and hygiene tips

The eighth interaction programme for the elderly Gurkha member community of surrounding area was organised by GNWS-UK on 21<sup>st</sup> August 2019 at South Harrow Sports & Social Club, South Harrow. The facilitators of the programme were Senior Staff Nurse Mrs Mana Sunuwar Ale & Senior Sister Mrs Rashmita Darlami. Participants were made aware about the health risks of heart diseases, blood pressure and made aware about the hypertension, stroke and also provided some hygiene tips. Participants blood pressures were also measured and recorded during the programme. Light refreshment was also provided after the session.

