



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

UQ Healthy Living

Exercise and Heart Disease: Safety tips and more...



*Our experienced
Exercise Physiologist,
Nick Edwards, will
answer your questions.*

*Bring a friend to this free Info
session and find out how to self-
monitor while exercising. Book with
reception to secure your place.*

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**12:30pm
Mon 1st July**

UQ Healthy Living

Centra, Level 3, 37 Archer
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