

Pittwater

Free Heart Checks at Pittwater RSL as Cost-of-Living Delays GP Visits

Mona Vale, 30.09.25

With cost-of-living pressures causing more Australians to put off vital health checks, Pittwater RSL is stepping in to help, offering free heart checks for members and the wider community on Friday 24th October and Sunday 2nd November.

The checks are part of the national Heartbeat of the Community campaign, a partnership between Heartbeat of Sport and Leagues Clubs Australia, aiming to make heart health more accessible by delivering checks directly into local clubs.

“Heart disease is still Australia’s biggest killer, and the reality is many people don’t know they’re at risk,” said Sam Baker.

“This is about making it easy and free for people to get checked, in a place they already trust and feel welcome.”

The checks, delivered by qualified nurses, include blood pressure, cholesterol and blood sugar testing. No appointments are needed, and results are shared on the spot.

Event Details:

Pittwater RSL, 82 Mona Vale Road, Mona Vale, NSW, 2103

Friday 24th October 2025

3pm-7pm

&

Sunday 2nd November 2025

12pm-4pm

The event is open to everyone; members, staff, and local residents. There’s no cost, no booking, and no barriers, just a practical way to support heart health in our local community.

For media enquiries, please contact:

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HEARTBEAT OF THE COMMUNITY

bringing heart health to your local club

An initiative proudly brought to local clubs by
Heartbeat of Sport and Leagues Clubs Australia



A handwritten signature in black ink, appearing to read "A. Paschalidis".

Andy Paschalidis

Founder | HOS



A handwritten signature in black ink, appearing to read "D. Hammond".

Don Hammond

CEO | LCA