

# FREE Blood Pressure & Pulse Checks:

## July 2026



**Irish Heart  
Foundation**

The National Stroke & Heart Charity

Date	Time	Location	Eircode
July 1st	9:30am - 4:15pm	Hidden Hearing Letterkenny Clinic	F92 EY1X
July 8th	10am - 2:45pm	Daybreak Graiguenamanagh	R95 A0CK
July 9th	10am - 3:45pm	Daybreak Bunclody	Y21 N5N8
July 10th	12pm - 3:45pm	Respond Housing Ard Mor Court	D24 XF6K
July 15th	10am - 2:45pm	Daybreak Knockcroghery	F42 KH36
July 16th	10am - 2:45pm	Anne Street Residents Association	W91 R5Y3
July 17th	9:30am - 4:15pm	Credit Union Blackrock Louth	A91 H9C6
July 23rd	10am - 3:45pm	Daybreak Ahascragh	H53 V384
July 24th	10am - 2:45pm	Daybreak Turloughmore	H65 PC91
July 28th	10am - 2:45pm	D17 Traveller Movement	D17 HK27
July 29th	10am - 2:45pm	Newbridge Library	W12 CP82
July 30th	10am - 4:15pm	Rush Community First Responders	K56 NV61
July 31st	9am - 12:45pm	The Orchard Community Centre	D10 H024