

FREE NHS Blood Pressure Checks

Why get checked?

- Regular checks are important.
- High blood pressure can lead to heart problems and a stroke.
- High blood pressure can have no symptoms.
- Catch it early or know you're okay.

Where to get checked:

1) Bridge Church
Central, LN5 7NN
Monday 7/9, 10am-2pm.



2) Central Methodist
Church, LN5 7PP
Friday 18/9, 10am-2pm.

3) Co-op Community Hub, LN5 8LD
Wednesday 23/9, 10am-2pm.

4) Bridge Community Venue, LN5 8PY
Tuesday 29/9, 10am-2pm.

Cannot make these? Visit any local
Co-op pharmacy for a free check