

Aged 40-74?

Attend your FREE NHS Health Check

- A quick 20—30 minute check that identifies your risk of heart disease, stroke, kidney disease, diabetes and dementia.
- Take action, book on and reduce your risk NOW!



CAN I ATTEND? YES IF YOU:



- Are a Resident & Registered to a GP within North Lincolnshire
- Have NOT been diagnosed or receiving treatment/medication for
(Heart disease, kidney disease, diabetes, high blood pressure, high cholesterol, atrial fibrillation [irregular pulse], mini strokes, heart failure, peripheral arterial disease [restricted blood flow to the legs] or stroke)
- Have not had a NHS Health Check in the last 5 years

DATE: 20/01/20, 24/02/20, 16/03/20 **TIME:** 9.30am - 2.30pm

VENUE: Double Tree Forest Pines, Ermine St, Brigg, DN20 0AQ

CONTACT: Healthy Lifestyle Service on 01724 298212

PLEASE NOTE: Advanced booking required
(no 'on the day' appointments available)