

Health & Wellbeing



SEPTEMBER

Blood Pressure UK

Know your Numbers! week

9-15 September 2019

The key to a healthy later life is keeping ourselves fit and healthy for as long as possible. One of the simplest ways of doing this is knowing your blood pressure numbers.

High blood pressure can lead to heart attacks and strokes, as well as other illnesses. Once you Know Your Numbers! You can get support to bring your blood pressure under control and prevent these diseases.

Know your Numbers! week involves hundreds of nationwide organisations signing up to provide free blood pressure checks at pop-up venues known as **Pressure Stations**. The aim is to find the millions of people who have high blood pressure, but don't know it, and hopefully encourage them to take the necessary action to reach and maintain a healthy blood pressure.

Pressure Stations can usually be found across the UK in venues such as pharmacies, GP surgeries, hospitals, health clubs, shopping centres, car parks and supermarkets.

Do you know your numbers?

To find your nearest Pressure Station, go to:

<http://www.bloodpressureuk.org/microsites/kyn/Home/Freebpchecks/Findreecheck>

For helpful information on how to lower your Blood Pressure, go to: <http://www.bloodpressureuk.org>

