

Free NHS Health Check

Helping you prevent heart disease, stroke, diabetes and kidney disease.



Book yourself a **FREE** 30 minute 'Health MOT'
at either **Avonmouth** or **Henbury
Community Centre** in June and July

or

Consider hosting a **free pop-up Health Check
clinic in your workplace**; times to suit.



I want to lose weight but
just can't seem to shift it.

Includes:

- Blood pressure, cholesterol and weight checks
- Lifestyle assessment
- Healthy lifestyle advice and information
- Smoking and weight management support
- Signposting to local health & wellbeing services

This year I'll be the same
age my mum was when she
had a heart attack. I'm
worried I might be at risk.

A 'Health MOT' picks up potential problems before they become serious issues. We can support you to make lifestyle changes to help you and your family to live healthier for longer. Prevention is better than cure!

If you are **aged 40-74 years** (or 35-74 years for South Asians) and you are **NOT receiving treatment already for a cardiovascular condition** (i.e. you **don't have** high blood pressure, high cholesterol, diabetes, heart disease or kidney disease, or **have not had** a stroke or heart attack), you could have a **free NHS Health Check**. You must be registered with a GP in Bristol.

To book a Health Check or to find out more contact:

Pip A'Ness, Health Checks Outreach Worker

Tel. 0117 377 2255 or email paness@knowlewesthealthpark.co.uk

Evening appointments available

Weekly clinics also held at **Knowle West** and **Wellspring Healthy Living Centres**.