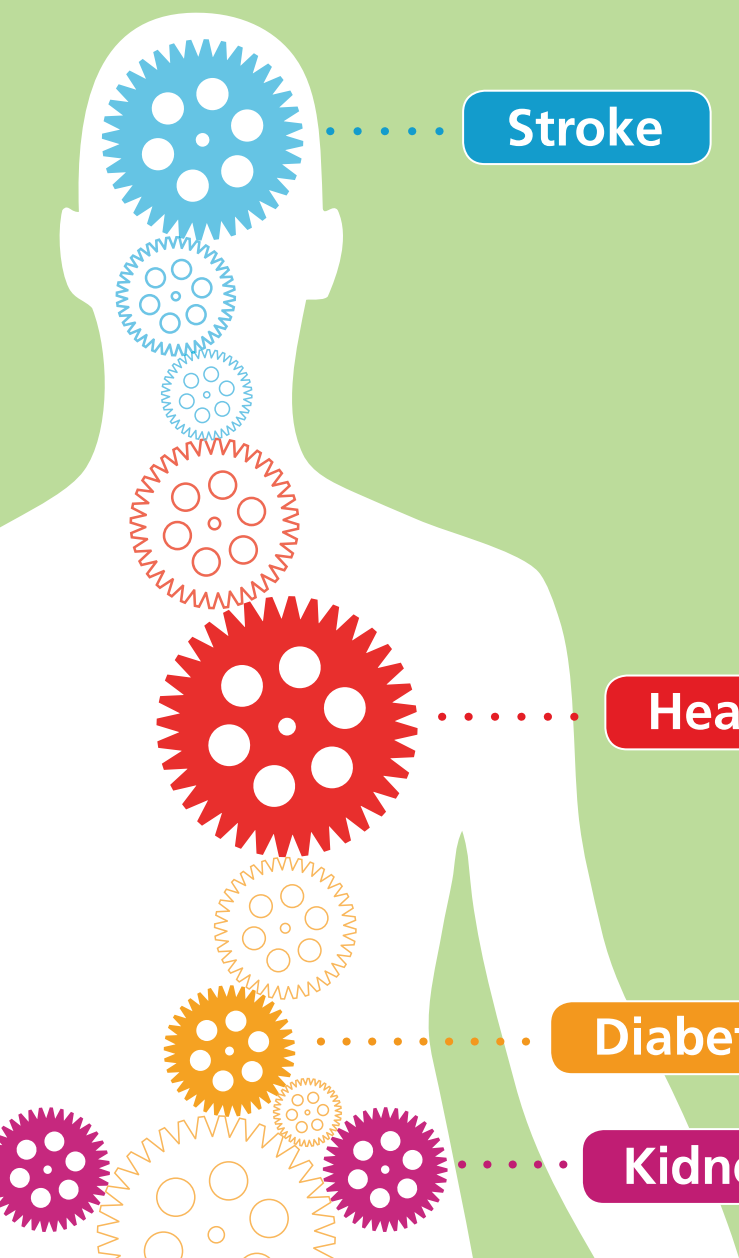


Take control of your health



Are you aged **between 40 and 74?** **AND** have not been diagnosed with health problems, such as heart disease, diabetes, and stroke or kidney disease?

If so, you are eligible for a **FREE NHS Health Check**. By assessing you, we can advise you how to reduce your risk of developing these diseases.

Please attend if you are invited.

Free NHS Health Check

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