

Your **heart** deserves some love

Keep your heart healthy. Check your **blood pressure.**

High blood pressure can increase your risk of heart disease if left untreated, and it can have no symptoms.

Do you know your blood pressure?
Get your blood pressure checked:

- At your local pharmacy
- At your GP surgery (some surgeries have blood pressure monitors in their waiting rooms)
- During your NHS Health Check if you're aged 40-74.



Find out more at:
[**https://improvinglivesnw.org.uk/bloodpressure**](https://improvinglivesnw.org.uk/bloodpressure)

Or scan the QR code.

