

ARE YOU... AGED 40-74? AN EAST SUSSEX RESIDENT?

Come and speak to us to find out whether you are eligible for a
FREE NHS Health Check with **JOSHUA**

CHIDDINGLY VILLAGE HALL

Date: WEDNESDAY 10th JULY

Time: 40 minute appointments from 10:00 – 15:40

Health Check includes Blood Pressure, Heart Rate, BMI, Cholesterol, Diabetes Assessment and Healthy Eating/ Lifestyle advice based on the results.

Eligibility criteria: age 40-74, without pre-existing heart/ kidney conditions or diabetes and **NOT on blood pressure/cholesterol medications**; resident of East Sussex & not had a NHS health check in the last 5 years

TO BOOK AN APPOINTMENT PLEASE RING: 01323 404600

www.oneyoueastsussex.org.uk

hello@oneyoueastsussex.org.uk | Tel. 01323 404600

  @OneYouESussex

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