

Know Your Numbers!



Get your FREE blood pressure check



National Blood Pressure Awareness Week 8th – 16th September 2025

Raising awareness of high blood pressure (the “silent killer”)

Why It Matters:

- High blood pressure often has **no symptoms**
- Increases risk of **heart disease, stroke, kidney disease, and dementia**
- Early detection saves lives
- **Know your numbers - protect your future health**

SCAN HERE >

Join us in your local community for free checks, expert advice and tips on looking after your heart health



Blood Pressure UK

Helping you to lower your blood pressure

www.bloodpressureuk.org

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thrivingnottingham.org.uk