MAKE THE TIME EASE YOUR PRESSURE



Blood Pressure UK

Helping you to lower your blood pressure



Your blood pressure is important no matter your age.

Taking the time to know your numbers will help to stop stroke and heart disease and could save your life.

Know Your Numbers!® Week 2023 4-10 September

bloodpressureuk.org #KnowYourNumbers

Blood Pressure UK is an operating name of the Blood Pressure Association. Charity Registration No. 1058944