## 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