



**One
Life
Suffolk**



Have you had your NHS HEALTH CHECK?

If you are aged **40-74 YEARS OLD** OneLife Suffolk could offer you a **FREE** NHS Health Check, including a blood pressure and cholesterol check to assess your general health and risk of diseases such as stroke, diabetes and heart disease.

Lowestoft Library Late NHS Health Checks

Clapham Road South, Lowestoft NR32 1DR

**8th August, 22nd August, 19th September, 24th October,
28th November 2019**

12.30pm – 7.30pm

To book please contact OneLife Suffolk on 01473 718193
or email info@onelifesuffolk.co.uk

Access Criteria:

- 40 - 74 years old
- Not had an NHS Health Check in the last 5 years
- No current diagnosis of heart disease, high blood pressure, high cholesterol, diabetes, stroke, kidney disease or vascular dementia