



## Aged 40-74? Find out about our **FREE** NHS Health Check

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.

**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

Call (*tel. number here*) or visit  
(*yourlocalNHShealthcheckURL here*)

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