



**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.

Michael Burke Wellbeing Centre

Hartismere Hospital, Castleton Way, Eye, IP23 7BH

Thursday 24th October 2019

9.30am to 4pm

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