



Live well for longer

**Know Your
Numbers!®
Week 2019
9th-15th
September**

**Check your blood pressure to lower
your risk of a stroke or heart attack**

GET YOUR FREE CHECK AT...

Date and Time: Canterbury 10th & 13th September 9.30am-11.30pm
Medway 10th September 1.00pm - 3.30pm

Venue: Canterbury - Safety Health & Environment Unit Dg04
Medway - Medway Building M004

Contact: occupationalhealth@kent.ac.uk or ring Pat Armstrong on
extn 4691 to arrange an appointment

For more information or to find your nearest check:

bloodpressureuk.org



**Blood Pressure
UK**

Helping you to lower your
blood pressure

#KnowYourNumbers