

The NHS in Gloucestershire is supporting
Know Your Numbers, a campaign from
Blood Pressure UK

Make the time EASE YOUR 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.

Visit our health team and check your numbers:

Monday 4 September 10am-3pm	The Cross, Gloucester
Tuesday 5 September, 10am-3pm	Tewkesbury Leisure Centre
Wednesday 6 September, 10am-3pm	Stratford Park Leisure Centre, Stroud
Thursday 7 September, 10am-1pm	Cinderford Library, Belle Vue Road
Friday 8 September, 10am-3pm	High Street, Cheltenham (outside M&S)
Saturday 9 September, 10am-3pm	Pride, Gloucester Park