

Blood Pressure Awareness Session

Wednesday 14th November 2018, 11am - 2pm

Cotmandene Resource Centre, 64 Cotmandene Cres, Orpington BR5 2RG

As part of Self-Care Week 2018, the Bromley Well Long Term Health Conditions Service will be holding a free blood pressure awareness session

Having a healthy blood pressure can limit chances of a stroke, heart attack or vascular dementia. If detected early, high blood pressure can easily be treated, but the only way to know you have it is to have a blood pressure check. You can also learn more about self care techniques to help you make lifestyle changes and improve your health and wellbeing

During the session you can:

- Have a free blood pressure check
- Find out where to go for more support if you are worried about your blood pressure
- Get information and advice on keeping your blood pressure healthy
- Find out more about support from Bromley Well and other resources to help you look after your health and wellbeing, and make self-care a lifelong habit

NEW Health and Wellbeing Workshop starting soon in St Pauls Cray.

Come along to find out more

All welcome, no appointment necessary just turn up on the day

If you would like to find out more about how the Bromley Well Long Term Health Conditions Team can support you call us on **0300 3309 039** or email **enquiry@bromleywell.org.uk** **www.bromleywell.org.uk**

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