

AGED 40-74? FIND OUT ABOUT OUR **FREE** NHS HEALTH CHECK

ONE YOU
EAST SUSSEX

YOUR **FREE**
NHS HEALTH CHECK
COULD HELP TO PREVENT



DIABETES



HEART
DISEASE



KIDNEY
DISEASE



STROKE &
DEMENTIA

RAILWAY STATION ROADSHOW: 3PM TO 7PM

Monday 27th July: Battle
Monday 3rd August: Robertsbridge
Thursday 6th August: Crowborough
Monday 10th August: Etchingham
Monday 17th August: Crowborough
Thursday 20th August: Robertsbridge
Monday 24th August: Eridge
Thursday 27th August: Etchingham

BOOK YOURSELF A HEALTH CHECK BY CONTACTING US VIA

01323 404600 / HELLO@ONEYOUEASTSUSSEX.ORG.UK / SCAN HERE:



Eligibility criteria: You must be aged 40 to 74 and a resident of East Sussex. You must NOT previously have been diagnosed with cardiovascular disease or diabetes, NOT be taking medication for high blood pressure or cholesterol, and NOT have had a stroke, heart attack, or TIA. Plus you must NOT have had an NHS Health Check in last 5 years