



**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.

Abbeycroft Leisure Centre

Beetons Way, Bury St Edmunds, IP33 3YE

**Thursday 3rd October, Thursday 31st October &
Thursday 21st November 12.30pm to 7.30pm**

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