



**Free  
blood  
pressure  
check**

**Are you one of the 350,000  
New Zealanders who don't know  
they have high blood pressure?**

If your blood pressure stays too high for too long, it increases your risk of a heart attack or stroke.

Come along to get your blood pressure numbers checked.

Allow 15 minutes for your free blood pressure check, and heart health conversation.

**Time:**

**Date:**

**Location:**