Take control!

People of African Caribbean descent are more likely to develop high blood pressure, which can lead to strokes and heart attacks

Get your blood pressure checked TODAY!

For more about high blood pressure, and how you can lower it, please visit our website: www.bpassoc.org.uk or call: 0845 241 0989 (Open 11am-3pm, Mon-Fri)

Blood Pressure Association
the blood pressure charity

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