

FEELING OUT OF CONTROL

**KNOW YOUR
NUMBERS![®]
WEEK 2020
7-13
SEPTEMBER**

Using a **home blood pressure monitor** can help you find out whether your blood pressure numbers are under control, lowering your risk of stroke and heart disease. One less thing to worry about!

You are in control.

Learn more at
bloodpressureuk.org
#KnowYourNumbers



**Blood Pressure
UK**

Helping you to lower your
blood pressure