

# MAKE THE TIME EASE YOUR PRESSURE



**Blood Pressure  
UK**

Helping you to lower your  
blood pressure



**Your blood pressure is important  
no matter your age.**

Taking the time to know your numbers  
will help to stop stroke and heart  
disease and could save your life.

**Know Your Numbers!® Week 2023  
4-10 September**

[bloodpressureuk.org](https://bloodpressureuk.org) #KnowYourNumbers