

YOU KNOW YOUR AGE DO YOU KNOW YOUR NUMBERS?



Get YOUR Blood Pressure checked TODAY!

Know Your Numbers! Week: 7-13 September '26



Whether you're aged between **20 to 80**, you could be living with **undiagnosed high blood pressure**



High blood pressure can lead to **stroke, heart disease** and **kidney disease**



#KnowYourNumbers bloodpressureuk.org

Blood Pressure
UK

Helping you to lower your
blood pressure