



## Aged 40-74? Find out about our **FREE** NHS Health Check

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.

### Health Checks are taking place here

- 4<sup>th</sup> Jan at Newhaven. BN9 9BA
- 9<sup>th</sup> Jan at E/Bourne. BN21 4UG
- 12<sup>th</sup> Jan at Newhaven. BN9 9PD
- 23<sup>rd</sup> Jan at Lewes. BN7 2RD
- 25<sup>th</sup> Jan at Hailsham. BN27 1AD
- 1<sup>st</sup> Feb at Eastbourne BN22 0UT
- 3<sup>rd</sup> Feb at Peacehaven, BN10 8BB
- 6<sup>th</sup> Feb at Hastings. TN34 3AT
- 8<sup>th</sup> Feb at Newhaven BN9 9BA
- 22<sup>nd</sup> Feb at Hastings TN34 3AT
- 23<sup>rd</sup> Feb at Newhaven BN9 9PD

If you would like us to come and deliver health checks at your place of work or at a club you are part of, please call the number below and we can arrange a date.

**Various appointment times available.**

**0300 303 3624**

**[healthy@sussexcommunity.org.uk](mailto:healthy@sussexcommunity.org.uk)**

# NHS HEALTH CHECK

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia