

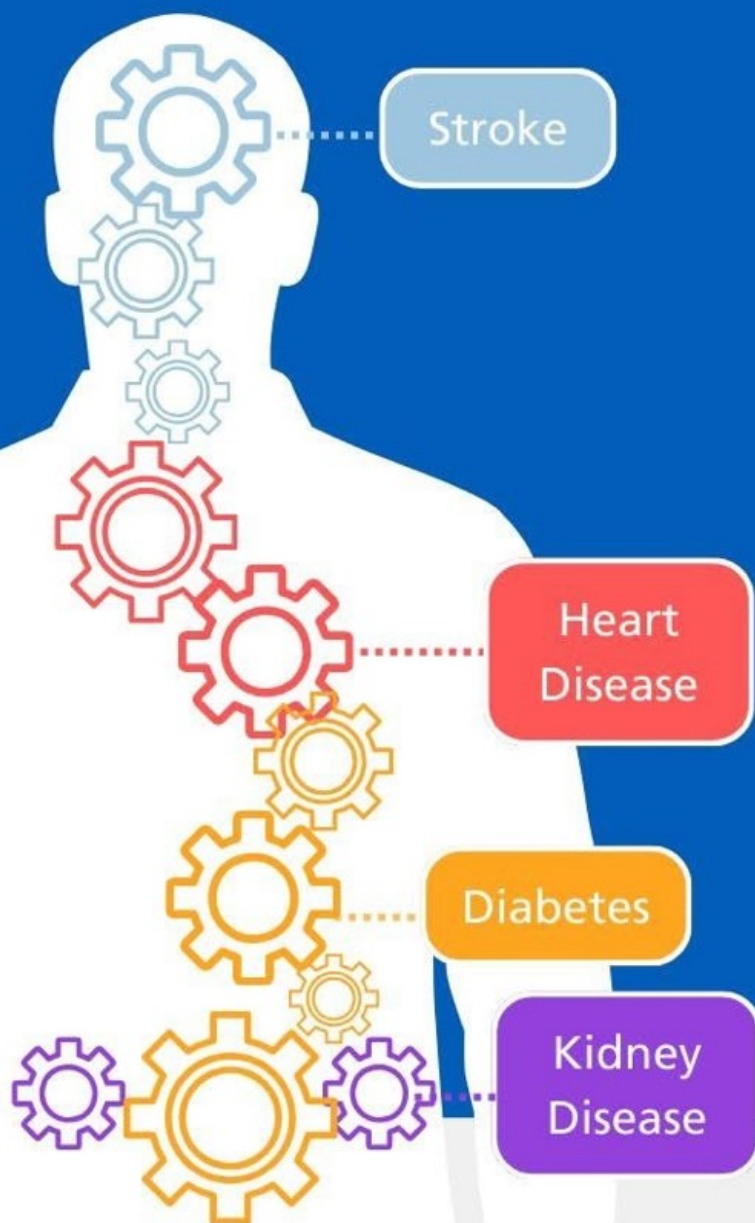
NHS

Just 20 minutes
of your time

to keep you
running like
clockwork

**Aged
between
40-74?**

Even though you might be
feeling great, if you're over
40 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



in association with

