



# Looking after yourself

## A focus on high blood pressure

Join us for an online session to explore what we can all do to learn about, manage and lower our blood pressure at home or in our communities.

Hear from our panel of experts and ask them any questions or raise any concerns you have about high blood pressure.

**6pm, Wednesday, 20th September**

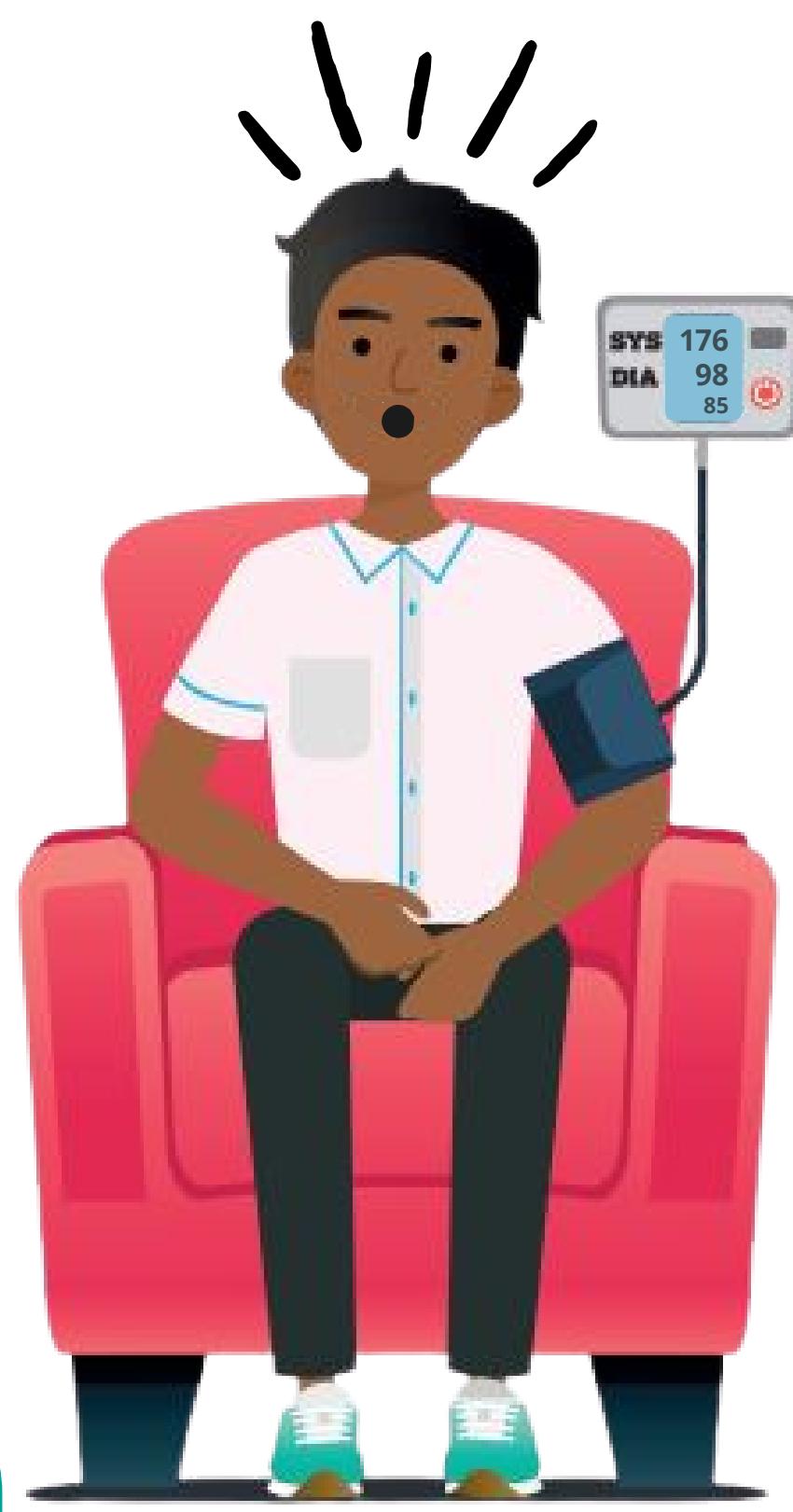
**Online: <https://tinyurl.com/2v68534n>**

**Please note: The session will be recorded**

If you want to know anything in particular about high blood pressure, from testing to managing it yourself, please let us know in advance at [frimleyicb.public@nhs.net](mailto:frimleyicb.public@nhs.net) so our experts can cover it during the session.

Untreated high blood pressure is known as 'the silent killer' because it often shows no symptoms but can lead to stroke, heart attack and other potentially fatal or long-term health conditions.

To find out how your heart and blood vessels are, you need to have your blood pressure checked. It is important to **Know Your Numbers.**



**[www.frimleyhealthandcare.org.uk/bloodpressure](https://tinyurl.com/2v68534n)**

**#FrimleyKnowYourNumbers**