

LEIGH-ON-MENDIP and STOKE ST MICHAEL PARISH COUNCILS

FREE NHS Health Check

Friday 20 October 2017 at Leigh-on-Mendip Memorial Hall

Why not come along and have a **FREE NHS Health Check** in the comfort of the village hall?

You have to be between 40 and 74 and not had a similar check in the last five years, you must not be taking medication for high blood pressure or high cholesterol

The check takes about 20 minutes and includes questions about general health and measures height, weight, waist and blood pressure, a finger prick blood test for cholesterol and blood sugar (if required) and dementia awareness and falls prevention information for the over 65's. Each person will receive a health report and advice and support will be given on how a person may prevent or reduce their risks and live a healthier life. This may include referral to a GP or local lifestyle services such as weight management or physical activities.

This opportunity is open to parishioners of both Stoke St Michael and Leigh-on-Mendip. Further information is available from www.somersethealthchecks.co.uk which will have a dedicated booking link for Friday 20 October very soon. In the meantime please direct any questions to Anthea Brooks, Clerk to Leigh-on-Mendip Parish Council by emailing lom.pc@btinternet.com or ringing 01761 418737.