



Bay Pressure Points

You can drop in at any of the venues below at the date/time given and have your blood pressure taken by a member of our team.

Why is knowing your Blood Pressure important?

High blood pressure also known as Hypertension doesn't usually cause any noticeable symptoms.

High blood pressure is very common, about a third of adults in the UK have it, but many aren't aware of it. But as it doesn't usually have any symptoms the only way to know you have it is to have a blood pressure check.

Over time, high blood pressure can lead to a number of health problems including stroke, heart disease and heart attacks, knowing yours can help you understand your risks

It's possible to reduce high blood pressure with lifestyle changes.

You can also get your blood pressure taken at a number of local pharmacies and at your GP surgery

We are delighted to partner with some local organisations to offer checks you can find us at...	When?	What time?
 <p>Stanleys Community Centre, Stanley Road, Morecambe LA3 1UT</p>	Mon 28 th Feb 2022	10:00am-12:00pm
 <p>Bay Buddies/Headway Hub – In the Conservatory, Festival Market, Morecambe, LA4 4DW</p>	Thursday 3 rd March 2022	11:30am-1:00pm
 <p>More Music, Devonshire Road, Morecambe</p>	Tuesday 1 st March 2022	1:00pm-3:00pm
 <p>Roots of Life Health and Wellbeing event, Mazuma stadium Morecambe Christie Way, Westgate, Morecambe LA4 4TB</p>	Sun 20th March 2022 (This event runs from 10am-5pm)	10:00 – 2:00pm

What will happen if I do come along?

Firstly – don't worry! It is better to come along and know your blood pressure than not to. You don't need to bring anything with you but you will be asked to wear a face covering unless you are exempt from doing so.

You can find out more about blood pressure at: www.bloodpressureuk.org