



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.

**NHS
HEALTH
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

Call 01305 224400 or visit
[www.publichealthdorset.org.uk/
your-health/nhs-health-checks.aspx](http://www.publichealthdorset.org.uk/your-health/nhs-health-checks.aspx)

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