

# ARE YOU... AGED 40-74? AN EAST SUSSEX RESIDENT?

Come and speak to us at our next event  
to find out whether you are eligible for a  
**FREE NHS Health Check**

Every Month on your Doorstep

Please call to book your appointment now! We will check BMI, Blood pressure, Blood Cholesterol and ask some questions regarding exercise, diet and other lifestyle indicators.

**0300 303 3624** or [healthy@sussexcommunity.org.uk](mailto:healthy@sussexcommunity.org.uk)

[www.oneyoueastsussex.org.uk](http://www.oneyoueastsussex.org.uk)

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  @OneYouESussex

**ONE YOU**  
EAST SUSSEX