Brio Wellbeing

Cheshire West and Chester

Welcome to

NHS HEALTH CHECK

Helping you prevent
diabetes
heart disease
kidney disease
stroke & dementia

Find out about a FREE NHS Health Check

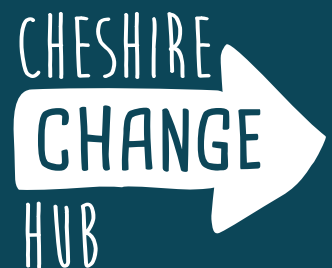## Aged 40-74?

If you are over 40, come in for your FREE NHS Health check-up. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.

SPEAK TO THE **BRIO WELLBEING TEAM** FOR MORE INFORMATION

CHESHIRE CHANGE HUB

CALL US ON 0300 777 0033
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