

FREE **NHS** HEALTH CHECKS

**City of London
Community
Education Centre**

**Thurs 18 January
Tues 30 January
9.30am - 5pm**

- For 40-74 year-olds for people who live or work in the City of London
- Lower your risk of developing heart disease, diabetes, kidney disease or stroke
- It only takes 20 minutes

**Book now: 020 7616 2338 livingwise.org.uk/city
Or drop by on the day!**