



**Do you check your blood pressure often?
Taking regular blood pressure readings is essential, as High Blood Pressure can have serious consequences, and usually has no symptoms.**



Stop by one of our 'know your blood pressure' pop up events taking place this summer at various locations around Surrey Heath. Trained staff will be present to take and record your blood pressure. They can also provide you with health and lifestyle information that can help you make those small changes to reduce and manage your blood pressure.

Date	Time	Location
Thursday 25 August	10:00 - 18:00	Bartlett Group Practice Wharf Rd, Ash Vale, Aldershot GU12 5BA
Friday 26 August	10:00 - 18:00	Primark Park Street Camberley Pedestrian area
Saturday 27 August	10:00 - 18:00	Primark Park Street Camberley Pedestrian area
Sunday 28 August	10:00 - 18:00	Frimley Lodge Park
Tuesday 30 August	10:00 - 18:00	Sainsbury's Car Park 7, Heather Ridge Arcade, Camberley GU15 1AX
Wednesday 31 August	10:00 - 18:00	Places Leisure Camberley, Grand Ave, Camberley GU15 3QH
Thursday 1 September	10:00 - 18:00	Camberley Health Centre, 159 Frimley Road Camberley GU15 2QA
Friday 2 September	10:00 - 18:00	Lightwater Country Park, 72 The Avenue, Lightwater GU18 5RG
Saturday 3 September	10:00 - 18:00	Bagshot Waitrose Car Park, London Rd, Bagshot GU19 5DG
Saturday 10 September	11:00 - 15:00	Old Dean Fun Day, Wimbledon Road recreation Ground, Wimbledon Road, Camberley GU15 4BD



If you want to know more but can't make it to the pop up events visit www.frimleyhealthandcare.org.uk/bloodpressure or scan the QR code

