...that can save your life sell of sorts here please and thanks very much sell

BOWEL CANCER SCREENING

Heart attack kills less often than it did, but we still need to look after our hearts. Keeping your weight to a healthy level improves blood pressure,

cho risk of type 70 2 di else can WORDS Keeping you stress levels low may protect your heart - take some time out every day to relax and be nice to yourself! Doctors no longer routinely recommend a

MAMMOGRAMS

Heart attack kills less often than it did. but we still need to look after our hearts. Keeping 80 healthy level im ssure.



cholesterol and WORDS 2 diabetes. But how else can you protect yourself? Keeping stress levels low may protect your heart – take some time out every day to relax and be nice to yourself! Doctors no longer routinely recommend a daily aspirin to protect against heart disease - but it's



BLOOD PRESSURE

Heart attack kills less often than it did, but we still need to look afte ping your weight to 60 and your risk of t ssure, cholesterol ut how else can you protect yourself? Keeping stress levels low may protect your heart - take some time out every day to



our hearts. Keeping your weight to a

pressure, cholesterol and your risk (

Heart attack kills less often than it did, but we still need to look after our hearts. Keeping your weight to a healthy level improves blood pressu nd your risk of type 2 70 diabetes. But how else yourself? Keeping WORDS rt – take some time stress levels low may out every day to relax and be nice to yourself! Doctors no



CHOLESTEROL XXXXXXX

Heart attack kills less often than it did, but we still need to look after our hearts. Keeping your weight

60

60

to a healthy level ir cholesterol and you essure, abetes. But

how else can you p WORDS (eeping stress)

levels low may protect your near t - take some time out every day to relax and be nice to yourself!

SKIN CHECKS XXXXXXXXXXXXXXXXXXXXX Heart attack kills less often than it did, but we still need to look after

proves blood But how else can you protect yourself? Keeping stres WORDS protect your heart - take some time out every day to relax and be nice to yourself! Doctors

CERVICAL SCREENING

Heart attack kills less often than it did, but we still need to look after our hearts. Keeping your weight to a healthy level improves blood

pressure, d ur risk 70else of type 2 di can you pro WORDS eping stress levels low may protect your heart - take some time out every day to relax and be nice to yourself! Doctors no longer routinely recommend a daily aspirin to

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