



# WORKSHOP

## 'Know Your Numbers'

is Blood Pressure UK's flagship awareness campaign. It encourages adults across the UK to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure. Camden Carers Service is holding a blood pressure testing and awareness event to encourage carers to know their blood pressure numbers in the same way as their height and weight.

The event will be taking place on  
**13th September 2018**

Carers can drop in throughout the day  
9.15am—4.45pm or  
can attend a workshop at **10.30am** looking at  
dietary and lifestyle interventions to support healthy  
blood pressure.

Come along and get your free resource pack.

For more information please email:  
[health@camdencarers.org.uk](mailto:health@camdencarers.org.uk)

# Blood Pressure