

ARE YOU BETWEEN **45**
AND **49** YEARS OF AGE?

Did you know ?

Your lifestyle or even family history might be putting you at risk of developing a chronic disease as you get older.

Ask your GP
or Practice Staff about
the 45-49yr Health Check

Your GP can do a Health Check to find out if you are at risk, and talk to you about ways you can improve your health and reduce your chances of developing a chronic disease.

