



# KNOW YOUR NUMBERS WEEK! 2019

**9-15 SEPTEMBER**

**Knowing your blood pressure numbers could reduce your risk of having a heart attack or stroke.**

During Know Your Numbers Week! a number of local venues across Knowsley are offering free blood pressure checks.

No appointment needed, just drop in between the times below.

## **Monday 9 September**

Kirkby Leisure Centre  
8-9am and 5.30-6.30pm

## **Tuesday 10 September**

Knowsley Leisure and Culture Park, Huyton  
8-9am and 5.30-6.30pm

## **Wednesday 11 September**

Halewood Leisure Centre  
8-9am and 5.30-6.30pm

## **Thursday 12 September**

Stockbridge Village Neighbourhood Centre  
8-9am and 5.30-6.30pm

## **Friday 13 September**

Prescot Soccer Centre  
8-9am and 5.30-6.30pm

Many local pharmacies are offering free checks and you can also have your blood pressure checked in your GP surgery, or use a home testing kit.

To find your nearest venue visit [happy-hearts.co.uk](http://happy-hearts.co.uk)

Happy  
Hearts 

  
Knowsley Council

  
Velair