

**High blood pressure can lead to stroke and heart disease.
An ideal blood pressure is under 120/80mmHg.**

**YOU
HAVE THE
POWER**



**KNOW YOUR NUMBERS!® WEEK 2024
2-8 SEPTEMBER**

**You have the power to successfully manage your
blood pressure – but only if you know your numbers
Get yours measured before damage is done**

#KnowYourNumbers
bloodpressureuk.org



**Blood Pressure
UK**

Helping you to lower your
blood pressure