

## Aged 40-74? Find out about our **FREE** NHS Health Check

Even though you might be feeling great, if you're over forty you may be at risk of heart disease, stroke, kidney disease, diabetes or dementia.

A **FREE** NHS Health Check can help you reduce these risks and make sure that you stay healthy.



Visit [www.northyorks.gov.uk/nhshealthcheck](http://www.northyorks.gov.uk/nhshealthcheck)

**NHS  
HEALTH  
CHECK**

Helping you prevent

diabetes

heart disease

kidney disease

stroke & dementia

In partnership with



North Yorkshire  
County Council