

*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 becoming chronically ill

