

Your invitation to:

Pressure Wise

7–8pm AEDT December 1st 2021

A **FREE** community education event on blood pressure and heart disease.



Did you know that around 1 in 3 Australian adults have high blood pressure (BP), most of whom have uncontrolled blood pressure levels?

High BP is when your blood pressure is permanently higher than normal levels. High BP is the main risk factor for heart disease, especially heart attacks and strokes.

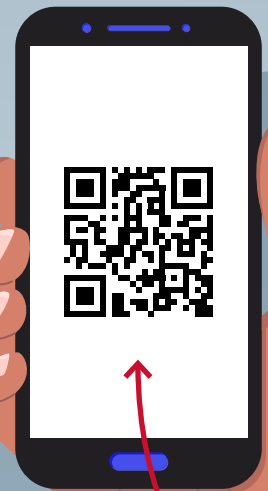
Fortunately, there are many things you can do to reduce your chance of developing high BP or keep it under control.

There are often no obvious signs or symptoms of high BP, so having regular checks and seeing your GP for a Heart Health Check will help you improve your heart health.

To learn more about blood pressure and how you can improve your heart health, join the 2021 **Pressure Wise** online event.

CLICK HERE to register for the event.

We look forward to seeing you there!



Scan Here
To Register

Ask the experts! Speakers include:

Dr. Dean Picone



Dr. Anastasia Mihailidou



A/Prof. Ralph Audehm



Mrs. Anne Wilk

