



Your invitation to:

Pressure Wise

7–8pm AEDT Tues October 24th 2023

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 BP 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 BP and how you can improve your heart health, join the 2023 Pressure Wise online event.

Topics will cover:

- Blood pressure lowering medication
- Diabetes, the waistline and your heart's best health
- What is a Heart Health Check?
- What has blood pressure got to do with stroke?

We look forward to seeing you there!

[CLICK HERE](#)

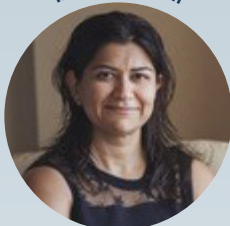
to register for the event and ask questions.

Ask the experts! Speakers include:

Prof. Mark Nelson



Ms. Saloni Shah



Prof. Katherine Samaras



Dr. Lisa Murphy



Scan Here To Register