

SHARE THE PRESSURE

SHARE
THE
PRESSURE

About

Retake



Take control of your blood pressure and stay years younger

Find out how your blood pressure is affecting you and what you can do about it.

2 Minute Assessment

youngerLIVES.

Race
Equality
Foundation

SMART[®]
HEALTH SOLUTIONS

Blood Pressure UK
Helping you to lower your blood pressure

People of African & Caribbean descent are more likely to have high blood pressure

Scan the QR code to find out what you can do to take control of blood pressure and get information about support in your area.



sharethepressure.com