**SELF CARE WEEK 2018**

Blood Pressure checks and

Weight management

Advice at the surgery today

[](https://www.google.co.uk/imgres?imgurl=https%3A%2F%2Fwww.nutrition.org.uk%2Fimages%2Fcache%2Ff269d4c840fc48e428164cc126f4e327_w800.png&imgrefurl=https%3A%2F%2Fwww.nutrition.org.uk%2Fbnfevents%2Fevents%2F159-healthyliving%2Fhealthyeatingweek.html%3Flayout%3D&docid=Atw11IbEybF5fM&tbnid=OqRj7D84JtNBoM%3A&vet=10ahUKEwiduKXr28LeAhWKAMAKHfdLBCAQMwibASglMCU..i&w=799&h=185&bih=651&biw=1024&q=healthy%20eating&ved=0ahUKEwiduKXr28LeAhWKAMAKHfdLBCAQMwibASglMCU&iact=mrc&uact=8)