

# Midlothian Community Health Inequalities Team

## FREE HEALTH CHECK

Would you like a 60 minute individual *health check* with a *nurse* who will listen & support you with issues that may affect your health?



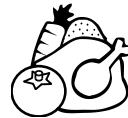
Take your blood pressure



Measure your weight



Talk about any worries



healthy eating & exercise



Talk about how you are feeling



Talk about keeping healthy

With follow up appointments with the *nurse* to support & help you to make changes that will improve your *health & wellbeing*.

If you are interested then please telephone:

**0131 446 4238** to arrange an appointment (answer machine available) with Midlothian Community Health Inequalities Nurse.