

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31ST	1ST Longsight Library, 519 Stockport Rd, Longsight, Manchester M12 4NE	2ND Zion Community Centre 339 Stretford Rd, Hulme Manchester, M15 4ZY	3RD No 93 Wellbeing Centre 93 Church Lane, Manchester, M9 5BG	4TH
7TH Chorlton Library, Manchester Rd, Chorlton, Manchester M21 9PN	8TH Church of the Nazarene, Wendover Rd, Manchester M23 9FN	9TH Forum Library, Forum Square, Wythenshawe, Manchester M22 5RX	10TH Nuffield Health Club, Parrs Wood Entertainment Centre, East Didsbury M20 5PG	11TH
14TH Dunstan Court, Bluestone Rd, Moston Manchester M40 9JE	15TH Newton Heath Library, 2 Old Church St, Newton Heath Manchester M40 2JF	16TH Wellspring Church, 35 Brendon Ave, Moston Manchester M40 9DN	17TH Gorton Central, Highmead St, Abbey Hey, Manchester M18 8PE	18TH
21ST Gorton Library, Gorton Hub, 27 Garratt Way, Manchester M18 8HE	22ND MSV Space Manchester Hub, 125 Great Western Street, Moss Side, M14 4AW	23RD Gorton Library, Gorton Hub, 27 Garratt Way, Manchester M18 8HE	24TH Ageing Well Event, Wythenshawe Forum, Wythenshawe Manchester M22 5RX	25TH
28TH St Mary's Presbytery, Elbow St, Manchester M19 3PY	29TH Newton Heath Library, 2 Old Church St, Newton Heath Manchester M40 2JF	30TH Withington Library, 410 Wilmslow Rd, Withington, Manchester M20 3BD	1ST Gorton Library, Gorton Hub, 27 Garratt Way, Manchester M18 8HE	2ND

- Aged 40 – 74
- Do not already have heart disease, diabetes, or kidney disease and not taking medication for high blood pressure or high cholesterol
- Registered with a Manchester GP practice
- Have not had an NHS health check in last 5 years

The health check consists of a blood pressure check, a small blood test to check cholesterol levels and diabetes risk, plus height and weight measurements. The health check takes around 30 minutes to complete, and you will receive a copy of your results during your appointment.

To book a Community NHS Health Check appointment please phone **0770 287 2861**

