



**Southend
West Central**
Primary Care Network

Join our online education event

KNOW YOUR NUMBERS

**FREE
ONLINE
EVENT**

Find out everything there is to know
about blood pressure

- ♥ Wednesday 18 February
- ♥ Wednesday 5 March
- ♥ Wednesday 18 March

5.30pm to 6pm

Register at www.westcentralpcn.nhs.uk/events