

For most of us normal blood pressure is below  
**140/90 mmHg**

Do you  
***know your numbers?***

Manage high blood pressure  
Prevent a stroke

For more information on high blood pressure or to have your BP measured contact your GP  
or [The Stroke Project](#)

**THE STROKE PROJECT**, part of **TLC Care Services**

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**City and Hackney**  
Teaching Primary Care Trust

