

IMPERIAL

FREE community workshop on high blood pressure & long-term conditions

30th January 2026 2-5.30PM

**Invention Rooms, Stadium House,
68 Wood Lane, Imperial College London, W12 7TA**

Get a £20 voucher for attending



Who should attend?

- Adults under 65 living in North West London with a diagnosis of high blood pressure, or a family history of high blood pressure.

What to expect

- A clear introduction to the new NHS Long-Term Condition Prevention Programme
- Practical tips on managing blood pressure and reducing future health risks
- A chance to ask questions and share your views
- A relaxed, friendly environment with refreshments provided

Spaces are limited – Register Today

**Register
here**



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