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**LIFESTYLE  
CHECK**



**THE  
BENEFITS**



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**NHS**

North Lancashire



- What s your blood pressure really like?
- Not sure how much you weigh?
- Need answers about alcohol or smoking?
- Do you want some advice on a health issue, or healthier living without taking a load of time out of work or feeling like you re mithering anyone...?

Check It Out is a new initiative from NHS North Lancashire, offering men quick, no-fuss blood pressure, height, weight and body mass index checks.

We also give out free information and advice on healthier lifestyle, getting moving, alcohol and smoking PLUS access to health professionals in an informal way, at a handy time.

## On the horizon

A week to remember: Men s Health Week runs 13-19 June 2011, backed by Men s Health Forum.

Check It Out recommends MHF website [www.malehealth.co.uk](http://www.malehealth.co.uk) for no-nonsense info on all aspects of men s health.



## Check It Out on tour

Between 3 and 13 May 2011 the Check It Out team will be visiting North Lancashire workplaces and retailers with their Check It Out bus, offering men a free and confidential health MOT, and (where possible) access to onboard GPs and nurses.

There ll also be giveaways while stocks last, and a free prize draw at each venue for a brilliant Haynes Man Manual (worth £15).

**The places where the bus will be stopping include:**

**Tuesday 3rd May 2011**

**NHS North Lancashire, Wesham**

**Thursday 5th May 2011**

**EDF Energy, Morecambe**

**Friday 6th May 2011**

**Lancaster Auction Mart, Lancaster**

**Wickes, White Lund Industrial Estate, Morecambe**

**Monday 9th May 2011**

**Land Registry, Warton**

**Fox s Biscuits, Wesham**

**Tuesday 10th May 2011**

**BAE Systems, Warton**

**Wednesday 11th May 2011**

**Lofthouse of Fleetwood Ltd, Fleetwood**

**Global Renewables, Thornton**

**Thursday 12th May 2011**

**DWP, Norcross**

**Friday 13th May 2011**

**Morrisons, Morecambe.**