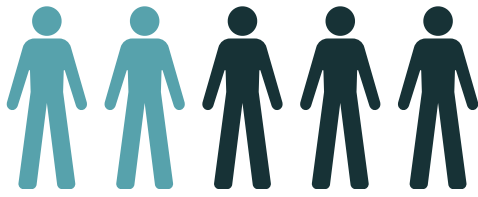


Only 2 out of 5 people with high blood pressure
take their medication as prescribed



A HOLISTIC APPROACH TO LOWER YOUR BLOOD PRESSURE

Our **Blood Pressure Balance Programme**
provides an alternative to medication



Based on breathing, attention and
movement practices that are
proven to lower blood pressure.

Our next course starts online on
12th November
for adults aged 65 and over in
Cambridgeshire and Peterborough.



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For more information, please visit our website

 www.the-mindful-life.com

 **Cambridgeshire & Peterborough
Integrated Care System**