

# MEN'S HEALTH EVENING

**SPONSORED BY HARWICH AND DISTRICT FELLOWSHIP FOR THE SICK**

**5.30pm - 8.30pm, Wednesday 1 May 2024**

**Harwich and Dovercourt Rugby Club**

Swimming Pool Road, Wick Lane, Harwich C012 3TA



**FREE PROSTATE CANCER AND NHS HEALTH CHECKS**

◀ **Scan here to book your test** or visit [chaps.uk.com/events](https://chaps.uk.com/events)

## BOOK A SIMPLE PSA BLOOD TEST NOW

### BOOKING INSTRUCTIONS

Prostate  
Cancer  
Screening

- YOU MUST book an appointment to be tested (no walk-ins)
- YOU MUST have your NHS Number to book an appointment
- YOU MUST book online at [www.chaps.uk.com/events](https://www.chaps.uk.com/events)
- YOU MUST print out and bring your appointment confirmation

**NB.** PSA screening blood tests are for men aged 40-80 who are not already on treatment or under care for a known prostatic condition. Screening is strongly recommended for men of black African and Caribbean heritage and men with a family history of prostate cancer, breast or ovarian cancer who are at high risk from prostate cancer.

Heart  
Disease

### No appointment needed

**NB.** NHS Health Checks are for men aged 40-74 who are registered with a GP in Harwich and Dovercourt and not already on treatment for a heart condition, blood pressure or high cholesterol, kidney disease or diabetes. You are also not eligible if you already have had an NHS Health Check within the last 5 years.

Event supported  
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SAVES LIVES**