**Know Your Blood Pressure Day - Example Tweets**

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| **Before the event** |
| We’ll be taking part in @TheStrokeAssoc‘s national #KYBP day – come to @VENUE and get your blood pressure tested #stroke |
| Last year @ROTARYCLUBNAME took part in #KYBP day for @TheStrokeAssoc - come and get your blood pressure checked this year at @VENUE |
| Knowing your blood pressure could help prevent a stroke. Get yours checked at PLACE on DATE #kybp #stroke |
| **During the event** |
| @ROTARY taking part in #KYBP day at @VENUE supporting @TheStrokeAssoc  – come and get your blood pressure checked today! |
| *@*ROTARY are at @VENUE taking blood pressures for #KYBP day! Come down and get your blood pressure checked |
| Do you know your blood pressure? Come to our #KYBP event at @VENUE and get your blood pressure checked! #stroke |
| *@notableperson* taking part in #KYBP day at @VENUE – come and see us between TIME and TIME to get your blood pressure checked! #kybp #stroke |
| **After the event** |
| We took over xxxx blood pressures on #KYBP day! Find out more about #KYBP day at [stroke.org.uk/kybp](https://protect-eu.mimecast.com/s/JnJZBHxKlWtR) |

**Know Your Blood Pressure Day - Example Facebook Posts**

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| **Before the event** |
| Did you know high blood pressure is a contributing factor in around half of strokes in England, Wales and Northern Ireland?  Measuring your blood pressure is simple, quick and painless. Come to ROTARY CLUB NAME’S Know Your Blood Pressure event in support of the Stroke Association and have your blood pressure checked for free!  Our event will be held on DATE at VENUE between TIME and TIME.  *Insert photo* |
| Do you know your blood pressure?  High blood pressure usually has no symptoms, but it is a contributing factor in around half of strokes in England, Wales and Northern Ireland. The only way to know if you have high blood pressure is to have your blood pressure tested.  ROTARY CLUB NAME are holding a Know Your Blood Pressure event in support of the Stroke Association. With your support, we can help raise awareness of high blood pressure and other key risk factors for stroke.  Join ROTARY CLUB NAME at VENUE on DATE between TIME and TIME to have your blood pressure tested – it’s free and painless, and could help to save a life.  *Insert photo* |
| **During the event** |
| Do you know your blood pressure?  High blood pressure usually has no symptoms, but it is a contributing factor in around half of strokes in England, Wales and Northern Ireland. The only way to know if you have high blood pressure is to have your blood pressure tested.  Come to the KYBP event we are holding to support the Stroke Association at VENUE between TIME and TIME today to get your blood pressure tested for free.  *Insert photo* |
| **After the event** |
| ROTARY CLUB NAME took over NUMBER of blood pressures on DATE at our Know Your Blood Pressure event in support of the Stroke Association.  For every 10 people diagnosed with high blood pressure, seven remain undiagnosed and untreated - this is more than 5.5 million people in England alone.  Get your blood pressure checked – it is simple, quick and painless.  *Insert photo* |