

Vascular damage/ageing can cause catastrophic harm to your organs and shorten your life.

WHAT CAN YOU DO ABOUT THIS?

Support the Artery Society and VascAgeNet to raise awareness for vascular ageing during the
VASCULAR AGEING AWARENESS DAY!

WHEN?

6th June 2021

HOW?

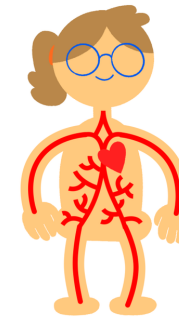
However you like!

The key to this day is the number 6.

RUN
SWIM
WALK
CYCLE

6

Keep your arteries
looking like this...



instead of
this!



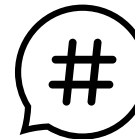
It's easy to take part in this FUN and FREE event, simply follow these easy steps!



1 - Choose and
perform your
activity



2 - Take a photo/selfie
and upload it to social
media on June 6th



3 - Upload your photo and use the hashtags:
[#vascularage21](#) [#arteryawareness21](#)
[#visiblearteries](#)

Vascular Ageing Awareness Day... Making the arteries visible!



International
Society of
Hypertension

MAY
MEASURE
MONTH

[#vascularage21](#) [#arteryawareness21](#) [#visiblearteries](#)