

MediRite offers FREE blood pressure and cholesterol testing for World Heart Day

MediRite pharmacies will be offering FREE blood pressure and cholesterol testing between 23 and 29 September in support of World Heart Day on 29 September.

To make use of this free service, customers are urged to make an appointment at their nearest MediRite, where a friendly and qualified pharmacist will administer the blood pressure test.

“Cardiovascular disease is among the top three causes of death in sub-Saharan Africa; therefore it is important to protect your heart by having your blood pressure and cholesterol levels checked regularly. Both Hypertension or high blood pressure and high cholesterol have no major symptoms and the only way to know if you are at risk is to have yourself tested,” says Prof Liesl Zühlke, President of the South African Heart Association.

“High blood pressure and high levels of cholesterol are associated with an increased risk of heart disease. I would encourage all South Africans to make use of this excellent opportunity to have their blood pressure and cholesterol tested,” Prof Zühlke continues.

The free blood pressure and cholesterol tests are available at the 147 MediRite pharmacies conveniently located in Checkers and Shoprite supermarkets across South Africa. Visit <http://www.medirite.co.za/> to locate your nearest one.

SHOPRITE®

EASTERN CAPE: Amalinda Centre East London (043) 741 2193; Bethelsdorp (041) 481 3121; Fingoland Mall Butterworth (047) 491 2404; Greenacres Shopping Centre (041) 363 4852; Kwanobuhle (041) 977 0924; Kenako Mall New Brighton (041) 452 3765; Binnehof Centre Uitenhage (041) 992 1476; Circus Triangle Shopping Centre Umtata (047) 531 0532.

FREE STATE: Twin City Shopping Centre Bloemfontein (051) 432 0315; Middestad Centre Bloemfontein (051) 430 2310; Welkom (057) 352 1375.

GAUTENG: Attlyn Shopping Centre Pretoria (012) 373 0225; Brakpan (011) 740 0420; Chris Hani Crossing Vosloorus (011) 901 0769; Daspoort Pretoria (012) 377 0621; Dobsonville Soweto (011) 988 1004; Golden Walk Shopping Centre Germiston (011) 872 1707; Jabulani Mall Soweto (011) 932 5609; Jan Smuts Kempton Park (011) 975 9986; Signet Terrace Shopping Centre Lenasia (011) 852 0468; Marks Park Vereeniging (016) 422 0184; Palm Springs (011) 362 6548; Pretoria North

(012) 546 0033; Protea Glen Soweto (011) 297 0016; Quagga Centre Pretoria (012) 327 5944; Randburg (011) 326 1019; Three Rivers Vereeniging (016) 423 3192.

KWAZULU-NATAL: Bridge City Mall Inanda (031) 530 3145; Chatsworth (031) 401 9530; Edendale Mall Pietermaritzburg (033) 398 8077; Manguzi (035) 595 0089; Richards Bay (035) 789 4375.

MPUMALANGA: Sanlam Centre Nelspruit (013) 752 4666; Ermelo (017) 811 5016.

NORTH WEST: Taung (053) 994 4059; Rustenburg (014) 592 1008.

NORTHERN CAPE: Kimberley (053) 832 0927; Upington (054) 331 0108.

WESTERN CAPE: Atlantis (021) 572 8921; Paarl (021) 870 1081; Bishop Lavis (021) 934 2363; Blue Downs (021) 909 0054; Bothasig (021) 558 0786; Broadway Strand (021) 854 5475; Grand Central Shopping Centre Eerste River (021) 904 5710; Gugulethu (021) 638 0658; Khayelitsha (021) 364 0642; Langa (021) 695 0006; Landsdowne Corner Shopping Centre Ottery (021) 703 8784; Middestad Bellville (021) 948 6526; Shoprite Park Parow (021) 930 1535; Philippi (021) 371 9157; Vasco (021) 591 8740; Vineyard Shopping Centre Somerset West (021) 851 2813.



EASTERN CAPE: King William's Town (043) 642 6949; Moffet on Main Lifestyle Centre Port Elizabeth (041) 367 2928; Greenacres Shopping Centre (041) 363 1205; Nonesi Mall Queenstown (045) 838 5976; Balfour Park Shopping Centre Vincent (043) 726 3718.

FREE STATE: Bloemfontein (051) 522 4106; Goldfields Mall Welkom (057) 352 1816; Kroonstad (056) 213 1714; Westdene Bloemfontein (051) 430 2553.

GAUTENG: Arcon Park Vereeniging (016) 428 5846; Balfour Park Highlands North (011) 440 9554; Bartlett Boksburg (011) 918 3055; Lakeside Mall Benoni (011) 427 1290; Bram Fischer Randburg (011) 326 1372; Carnival City Brakpan (011) 915 5728; Centurion (012) 663 1134; Bedfordview (011) 616 4856; Edenvale (011) 454 3456; Fourways (011) 465 4520; Gezina Pretoria (012) 335 7683; Glenvista (011) 432 8024; Greenstone Modderfontein (011) 452 5084; Grey Owl Shopping Centre Centurion (012) 661 2601; Horizon View (011) 763 4858; Kempton Park (011) 394 6146; Mall of Africa Midrand (012) 649 0349; Mayville Pretoria (012) 335 2383; Menlyn Pretoria (012) 365 3147; Montana Pretoria (012) 548 3963; Moreleta Park Pretoria (012) 993 0248; Northcliff (011) 782 1465; Ontdekkers Roodepoort (011) 768 0132; Parklands Boksburg (011) 892 0041; Village Square Shopping Centre Randfontein (011) 412 1785; Raslouw Pretoria (012) 656 8429; Cradlestone Mall Krugersdorp (011) 662 1016; Roodepoort (011) 679 1174; Sandton (011) 884 3882; Chamberlain Shopping Centre Silver Lakes Pretoria (012) 809 2257; Southgate Mall

Mondeor (011) 941 2099; Vanderbijlpark (016) 933 7518; Westgate Shopping Centre Roodepoort (011) 768 8475.

KWAZULU NATAL: Galleria Shopping Mall Amanzimtoti (031) 904 9026; Ballito Bay Mall (032) 946 1023; Sanlam Centre Bluff (031) 467 2179; Inkwazi Mall Richards Bay (035) 789 4850; Brookside Mall Pietermaritzburg (033) 342 2286; Cascades Pietermaritzburg (033) 347 0443; Castle Rock Newcastle (034) 326 1074; Gateway Umhlanga Rocks (031) 566 2760; Hibiscus Shopping Mall Margate (039) 317 1672; Newcastle (034) 312 3566; Pavilion Westville (031) 265 1072; Shallcross (031) 409 1411; South Coast Mall Shelley Beach (039) 315 5121.

LIMPOPO: Mall of the North Polokwane (015) 265 1327; Polokwane (015) 291 4964.

MPUMALANGA: Witbank (013) 692 3690; The Heads Shopping Centre Lydenburg (013) 235 1567; Middelburg Mall (013) 244 1400; Riverside Mall Nelspruit (013) 757 1463; Secunda (017) 631 3481.

NORTH WEST: Brits Mall (012) 250 2372; Village Mall Hartbeespoort (012) 253 1106; Klerksdorp (018) 462 6758; Mooiriver Mall Potchefstroom (018) 293 2096; Platinum Square Shopping Centre Rustenburg (014) 537 2825.

NORTHERN CAPE: Diamond Pavilion Kimberley (053) 831 1129; Kuruman (053) 712 0681.

WESTERN CAPE: Seaside Village Centre Big Bay (021) 554 5037; Brackenfell (021) 982 2650; Bredasdorp (028) 425 2861; Bredasdorp (028) 425 2861; Cape Gate Centre Brackenfell (021) 981 8509; De Grendel (021) 559 7403; Midwell Centre Durbanville (021) 976 2818; Garden Route Mall George (044) 887 0378; St Georges Square George (044) 871 4373; Mossel Bay Mall (044) 693 2046; Helderberg Mall Somerset West (021) 850 0192; Hermanus (028) 312 3182; Kenilworth Centre (021) 671 0256; Parklands (021) 554 1517; Mountain Mill Centre Worcester (023) 347 4763; N1 City Shopping Centre Vasco (021) 595 3404; Paarl (021) 872 3349; Parow (021) 939 1615; Sea Point (021) 434 9655; Somerset West (021) 852 9300; Bayside Centre Tableview (021) 556 8591; Blue Route Mall Tokai (021) 713 0547; Westgate Mall Mitchells Plain (021) 374 7738; Willowbridge Village Lifestyle Centre Bellville (021) 914 7049; West Coast Mall Vredenburg (022) 713 3720.

ENDS

Distributed by: Angelique Wagner

Contact: 021 980 1805 or awagner@shoprite.co.za