

# Lunch & Learn

## Cholesterol 101: Understanding the Basics



Did you know that people with high total cholesterol have approximately twice the risk for heart disease as people with ideal levels? Join Dr. Lemon and Coach Lou to learn a number of lifestyle changes that you can make to help prevent and/or improve your cholesterol levels to help lower your risk of heart disease.

**Capitol Square Healthcare Conference Room**  
**Thursday February 15, 2018**  
**12:00-12:30pm**

**Register early, limited spots available!**

To register contact Coach Lou at 844-342-1791 x 8578 or [lwinterling@activehealth.net](mailto:lwinterling@activehealth.net)



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**Capitol Square Healthcare**  
for State Employees