



**Please Join Us in Celebrating  
Good Health!**

**NUTRITION AWARENESS  
WEBINAR**

**CHOLESTEROL COUNTS**

**NOVEMBER 13th**

**12:00PM – 12:30PM ET**

**Learn about...**

- How to manage cholesterol through healthy living strategies
- How to understand blood cholesterol numbers
- How to identify foods from nut butters to fish to manage cholesterol levels
- How to build a heart-healthy pantry and prepare meals in minutes

**CLICK HERE TO REGISTER**

To test the software prior to this webinar, go to: <https://zoom.us/test>

