

Get to the Heart of the Matter



**Take the Journey to Cholesterol Self-Management
4 FREE CLASSES**
FOR CHOLESTEROL MANAGEMENT**

Greenwich Town Hall, 3rd fl., Hayton Conf. Rm.

Tuesday evenings: Mar. 28, Apr. 4, Apr. 11 &

Apr. 18, 2017

6:30 — 8:30 PM

Includes FREE cholesterol testing & blood pressure screening

**** Class Size Limited ****

Pre-Registration is Required: Call (203) 622-6495

Presented by Nancy M. Ryan, MS, RD, CDE, CD-N

Sponsored by the Greenwich Department of Health

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