

**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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