



Atlantic
Health System

CHOLESTEROL: THE GOOD, THE BAD & THE UGLY

FRIDAY, FEBRUARY 1 @ 9:30AM

**FREE COMMUNITY PROGRAM OPEN TO ALL &
FREE CHOLESTEROL SCREENINGS BEFORE & AFTER
LAKELAND HILLS FAMILY YMCA**

WHAT

Cholesterol can be a confusing and often misunderstood health topic. While cholesterol is necessary in the body to build cells, it can be difficult to remember the "good" versus the "bad" kinds and how much is "too much". Many people are also often unsure how often to monitor their cholesterol levels to stay within a healthy range.

As reported by WebMD, statistics show that the average American has cholesterol levels that are 'borderline high,' and 1 in 6 people are at a high level. With data like this, it is especially important to understand how to properly manage cholesterol to avoid serious health complications. February is **American Heart Month**, so join us for an informative talk on understanding the different types of **cholesterol** and what you can do to support good health and your heart. More info:

- Free Cholesterol Screenings before & after the program (8:30-9:30 & 10:30-11:30am)
- Speaker is Dicey McGrath, APN, Atlantic Health

WHEN

Friday, February 1 from 9:30-10:30am

REGISTRATION

Free program & screenings

CONTACT

Rosemary Linder Day: RosemaryL@Lhymca.com

LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046

P 973 334 2820 F 973 334 1308

www.lakelandhillsymca.com

