

**Tuesday Health Series: March 2026**

# **Cholesterol & Your Health**

**YOU HAVE  
THE POWER  
TO LIVE YOUR BEST LIFE**

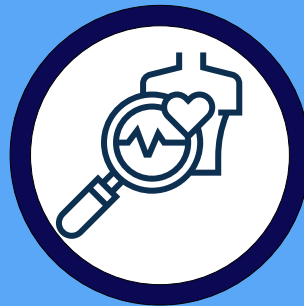


Guides participants in understanding the role of fats and cholesterol, the different types of cholesterol, and the importance of maintaining healthy levels for overall well-being.

## **Answers to Key Questions About Cholesterol**



How do I know if  
I have high  
cholesterol?



What health problems  
can high cholesterol  
cause?



What steps can I  
take to reduce my  
Risk?

**APRIL 14th, 2026  
9:30 - 11:00 AM**

**Stewartstown Area Senior Center**  
26 S Main St  
Stewartstown, PA 17363

For more information call  
(717) 993-3488



**Care First Education, LLC**