

**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**