

lower
cholesterol
!

ONLINE SEMINAR

All About Cholesterol

Do you know your "good" cholesterol from your "bad" cholesterol? Where do triglycerides fit into the heart- health puzzle? Learn the answers to these questions and how to improve your own heart health.

Participate in this online seminar anytime 24/7. Log in at HealthPlus.org/HealthierU, then click "Monthly Seminars" from the left navigation

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