



DECEMBER 11 DECODING CHOLESTEROL

Presented by Jasper Schmidt, MD

EVERYONE is welcome to attend this **FREE WORKSHOP!**
High cholesterol is present in one in three adults in California!
Whether you're already taking high cholesterol medication or
you just want to learn how to avoid high cholesterol, this
workshop is for you!



**FREE WORKSHOP
1:30 PM
GARCIA GRANGE
MANCHESTER**

**WHAT IS
CHOLESTEROL?**

**HOW CAN I LOWER
MY CHOLESTEROL?**

**LEARN HEALTHY
TIPS**

**GET ALL YOUR
QUESTIONS
ANSWERED BY A
LOCAL EXPERT!**

**MENDONOMA
HEALTH ALLIANCE**

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