

Take Heart

Wednesday, March 26

Know Your Numbers

When it comes to your cholesterol and blood pressure, it is important to know these numbers and what they mean. In this lecture, learn about the different types of cholesterol, including which ones are helpful and which ones are harmful. Also, hear what the two numbers in your blood pressure reading really mean. Plus, discover ways to keep your cholesterol and blood pressure values in healthy ranges.

Speaker: Meredith Peterson, M.S., Exercise Physiologist

TIME	6:30 p.m.
LOCATION	Northwest Medical Center Oro Valley 1551 East Tangerine Road Classrooms A and B
COST	Free

Space is limited. RSVP to 866-NW4WELL (866-694-9355)
or register online at nmcorovalley.com and click on the “Community Education” tab.



Northwest Medical Center
Oro Valley

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