

## Health Topics: Cholesterol

Health Topics brown bag luncheons are an informal and interactive way to provide practical information on health issues that may affect you or a member of your family. Bring your lunch and engage in learning things that will help 'YOU' to better manage your health.

Cholesterol is a major contributor to heart disease and a growing concern in our country. On February 7, 2006 (Tuesday) from 12:00 to 12:50, at Academic Research C, Safety Training Facility, Dr. J.M. Berning, Director of the Exercise Physiology Laboratory, will be presenting on the impact of cholesterol on your health.

This session is designed for personal interaction, questions, answers and practical application. We highly encourage everyone to bring questions and thoughts that you would like to discuss. Handouts and worksheets will be provided that you can take home.

Health Topics brown bag luncheons are a monthly event designed for the individual who wants to understand more about various health issues in an informal setting with easy access during the lunch hour. We encourage departments to send groups or request specific dates. Call Environmental Health & Safety at 646-3327 for more information.

Live, Learn and Thrive.

