



Cholesterol

There is a lot more to cholesterol than simply causing heart disease.

In this presentation we 'll take a closer look at what cholestrol is, the difference between good cholesterol and bad cholesterol, how to understand cholesterol readings, and what to look out for when it comes to your health.

Knowing more about cholesterol will give you the information you need to be more informed when it comes to your health.

Join us in this one-hour presentation
Speaker: Desiree Pule, Certified Health Coach

Date: 25th October 2023

Time: 10h00

Place: Large TV Area