

- FREE NUTRITION SEMINAR -

Tuesday, Feb. 6 | 10 a.m. & 6 p.m.



Heart Health: Understanding Your Cholesterol

Learn about “good” cholesterol, “bad” cholesterol and other fats in the blood, and the effects they have on your cardiovascular health. Please join us for a free seminar to help you understand and manage your cholesterol, so you can take action and live a healthier life!

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CHRISTUS Good Shepherd Institute for Healthy Living
3133 Good Shepherd Way | Longview
(Located in the IHL Classrooms)



CHRISTUS® GOOD SHEPHERD
Institute for Healthy Living