

# Get to the Heart of the Matter



## Take the Journey to Cholesterol Self-Management

The Greenwich Department of Health is offering a **FREE** four-session course on reducing the risk of heart disease

Presented by Nancy M. Ryan, MS, RD, CDE, CD-N

Greenwich Town Hall, 3rd floor, Hayton Conference Room

Tuesday evenings: Mar. 28, Apr. 4, Apr. 11 & Apr. 18, 2017

6:30 PM — 8:30 PM

**Program discussion will include:**

risk factors — value of exercise — life style modification  
your medications and how they work — methods to reduce cholesterol

***Includes FREE cholesterol testing and blood pressure screening.***

**Pre-registration required: Call (203) 622-6495**

*Sponsored by the Greenwich Department of Health  
Supported by a grant from the Connecticut Department of Public Health*