

FREE LECTURE DURING STROKE AWARENESS MONTH

Managing Your Cholesterol

HIGH CHOLESTEROL INCREASES YOUR STROKE RISK

High cholesterol levels can create plaque buildup in the arteries, which can then block blood flow to the brain, causing a stroke. High cholesterol can also increase the risk of heart disease and atherosclerosis—two other risk factors for stroke. Luckily, there are practical steps you can take to lower your cholesterol.

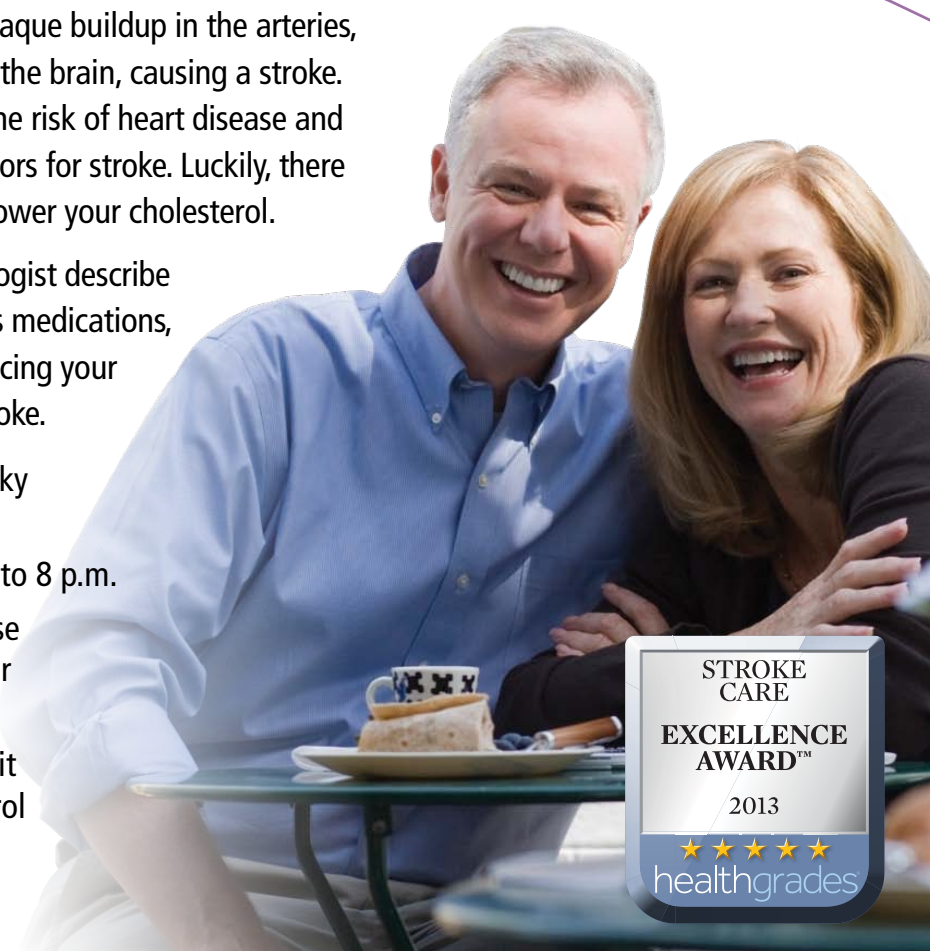
Come hear a board-certified cardiologist describe diet and lifestyle changes, as well as medications, that can go a long way toward reducing your cholesterol level and your risk of stroke.

Speaker Daniel White, MD, of Rocky Mountain Cardiology

When Tuesday, May 21, from 7 to 8 p.m.

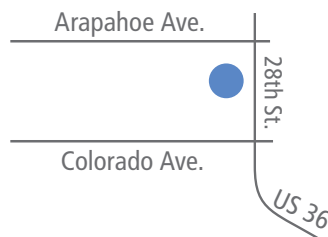
Where Millennium Harvest House
1345 28th Street, Boulder

RSVP **Reservations required.**
Call 303-441-0580 or visit
bchlectures.org/cholesterol



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Free blood pressure screening
Starting 30 minutes before the lecture
(first-come, first-served).