

# Cholesterol SCREENING

Looking for ways to promote a health lifestyle and reduce your risk for heart disease or stroke? Controlling your cholesterol level is an important step towards that goal. In support of Retiree Appreciation Day, Community Health Services will be providing non-fasting cholesterol screenings at the Wellness Center. Understanding what cholesterol is and how it effects your body is important.

According to the American Heart Society, elevated cholesterol levels can cause thousands of Americans to suffer from strokes and die each year from cardiovascular (heart) disease. Although our bodies need cholesterol, which is a fat-like protein, to assist with bodily functions, having too much cholesterol circulating in your blood can cause narrowing of your blood vessels, therefore blocking blood flow which can lead to heart disease or stroke. What you eat can have a direct effect on how much cholesterol is circulating in your body.

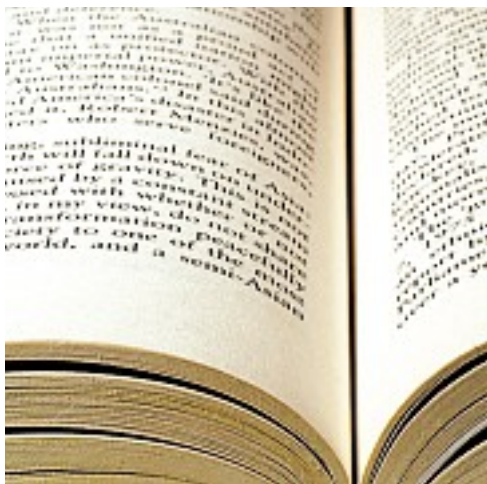
Exercise and diet control are also important factors in reducing your risk. Desire to learn more about cholesterol, its effect on your body, and the ways to reduce your risk of heart disease and stroke?

Come and be a part of the cholesterol screening. A nurse will be available to provide individual counseling, to answer your questions, and to address any concerns you may have. We look forward to servicing you.

## Department of MINISTRY & PASTORAL CARE

Welcome Retirees! The Department of Ministry and Pastoral Care will have a literature table set up for you. Prayer cards, pocket Bibles (similar to the one you may have received at MEPS), and devotional material will be available. You may select from the variety of inspirational literature to enhance your spiritual health.

God bless you, and thank you for your service to this great nation!



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