

Got Health?

Free talks to help you get and stay healthy

High Cholesterol:

Why it's a health risk, how to prevent it, and ways to get it under control

Join us to learn more about high blood cholesterol—what do the numbers mean, what are the risk factors for this condition, how it affects your health over time, and how it can be treated.

Date: Thursday, September 13, 2018

Time: 12:10-12:50 p.m.

Location: Kate Gleason Auditorium,
Central Library of Rochester and Monroe
County, 115 South Avenue, Rochester,
NY 14604

Presenter: Dr. Janaki Nathan,
preventive medicine resident at
University of Rochester Medical Center

Learn more at:
urmc.rochester.edu/community-health



Healthy Snacks & Free Raffle

This Got Health? talk is sponsored by the Center for Community Health & Prevention in partnership with the Central Library of Rochester and Monroe County.

The Central Library is accessible to people with disabilities. To request specific accommodations, call 585-428-8304 ten days prior to the program.

Can't attend? Join us on the Central Library's Facebook page for a live broadcast.



**Central Library
of Rochester
& Monroe County**
www.libraryweb.org

 www.facebook.com/RocCentralLibrary