

September is National Cholesterol Education Month

To lower your risk of heart disease

Know your cholesterol numbers

Know your risk and

Give yourself some TLC

*therapeutic lifestyle changes
(TLC)*

For lots of ways to give yourself some TLC,
visit the event website at
hp2010.nhlbihin.net/cholmonth



MARY CHILES
HOSPITAL

50 Sterling Ave., Mt. Sterling, KY 40353 • (859) 498-1220