



# FEBRUARY 17 DECODING CHOLESTEROL

Presented by Jasper Schmidt, MD

**EVERYONE** is welcome to attend this **FREE WORKSHOP!** High cholesterol is present in one in three adults in California! Whether you're already taking high cholesterol medication or you just want to learn how to avoid high cholesterol, this workshop is for you!



**FREE WORKSHOP**  
**1:00 PM – 2 PM**  
**FORT ROSS SCHOOL**

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**WHAT IS  
CHOLESTEROL?**

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**HOW CAN I LOWER  
MY CHOLESTEROL?**

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**LEARN HEALTHY  
TIPS**

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**GET ALL YOUR  
QUESTIONS  
ANSWERED BY A  
LOCAL EXPERT!**

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