

# FREE CHOLESTEROL SCREENING

**Tuesdays 1000-1300**



**HIGH CHOLESTEROL IS ONE OF THE MAJOR RISK FACTORS FOR HEART DISEASE.  
GOT 5 MINUTES? GET YOURS CHECKED TODAY!**

DAY	HOURS	FITNESS CENTER	PHONE #
Jan 5	1000-1300	14	725-5941
Jan 12	1000-1300	41	725-2033
Feb 2	1000-1300	Hospital	725-1366
Feb 9	1000-1300	52	725-7262
Mar 2	1000-1300	Paige Fieldhouse	725-6394
Mar 9	1000-1300	62	725-7421
Mar 23	1000-1300	24	763-1353
Apr 6	1000-1300	43	725-3468
Apr 20	1000-1300	22	725-3163
May 4	1000-1300	53	725-7404
May 18	1000-1300	21	725-2951
Jun 1	1000-1300	33	725-8737
Jun 8	1000-1300	31	725-2678

Cholesterol can be checked anytime in the Health Promotion Center of the Paige Fieldhouse or 53 Area Fitness Center. Call Semper Fit Health Promotion at 763-3793/0419 for more details.



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**IN STEP WITH YOU**



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DAY	HOURS	FITNESS CENTER	PHONE #
Jul 13	1000-1300	41	725-2033
Jul 20	1000-1300	Hospital	725-1366
Jul 27	1000-1300	14	725-5941
Aug 3	1000-1300	52	725-7262
Aug 17	1000-1300	Paige Fieldhouse	725-6394
Aug 24	1000-1300	62	725-7421
Sept 7	1000-1300	24	763-1353
Sept 14	1000-1300	43	725-3468
Oct 5	1000-1300	22	725-3163
Oct 19	1000-1300	53	725-7404
Nov 16	1000-1300	21	725-2951
Dec 7	1000-1300	33	725-8737
Dec 14	1000-1300	31	725-2678

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