

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 6	1000-1300	14	725-5941
Jan 13	1000-1300	41	725-2033
Feb 3	1000-1300	Hospital	725-1366
Feb 10	1000-1300	52	725-7262
Mar 3	1000-1300	Paige Fieldhouse	725-6394
Mar 10	1000-1300	62	725-7421
Mar 24	1000-1300	24	763-1353
Apr 7	1000-1300	43	725-3468
Apr 21	1000-1300	22	725-3163
May 5	1000-1300	53	725-7404
May 19	1000-1300	21	725-2951
Jun 2	1000-1300	33	725-8737
Jun 9	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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Day	Hours	Fitness Center	Phone #
Jul 7	1000-1300	14	725-5941
Jul 14	1000-1300	41	725-2033
Jul 21	1000-1300	Hospital	725-1366
Aug 4	1000-1300	52	725-7262
Aug 18	1000-1300	Paige Fieldhouse	725-6394
Aug 25	1000-1300	62	725-7421
Sept 1	1000-1300	24	763-1353
Sept 15	1000-1300	43	725-3468
Oct 6	1000-1300	22	725-3163
Oct 20	1000-1300	53	725-7404
Nov 17	1000-1300	21	725-2951
Dec 1	1000-1300	33	725-8737
Dec 8	1000-1300	31	725-2678

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