



# LOWERING CHOLESTEROL

with  
food

*Reduce your risk for heart attack and stroke with whole foods that lower cholesterol and triglycerides.*

**Thursday,  
February 6**

**11 am to noon**

Gold Beach Community Center  
29841 Airport Way, Gold Beach  
541-247-7506

[Goldbeachcommunitycenter.org](http://Goldbeachcommunitycenter.org)



*Presented by*  
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**Free! Registration not required.**

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