

Cholesterol Education Month & September Wellness Programs

WHAT IS CHOLESTEROL?

**Your body makes cholesterol to build cells and make vitamins and hormones.*

**Cholesterol also comes from food from animals.*

**Too much cholesterol can cause health issues. High cholesterol can increase your risk of heart disease and stroke.*

**High total cholesterol is 240 mg/dL or more.*

**High cholesterol has no symptoms, so many people don't know that their cholesterol is too high.*

**A simple blood test can check your cholesterol levels.*

UPCOMING WELLNESS EVENT & CHALLENGE

Kaiser Permanente's Run Walk Roll

9/25

Total Brain's Breath Work Challenge

10/1 - 10/31

SEPTEMBER WELLNESS PROGRAMS

Kaiser Permanente Webinar - Taking Care of Your Heart

9/9 12:00 to 1:00

Anthem's EAP Webinar - All You Need to Know About Cholesterol

9/11 12:00 to 1:00

Contact Employee Wellness to learn more at employeeewellness@fultoncountyga.gov or visit Fulco Connect under Wellbeing.

Kaiser Permanente's The Art of Healthy Cooking - Brown Bag Makeover

9/17 12:30 to 1:00

Anthem's EAP Webinar - What Is Proactive Health

9/18 1:00 to 2:00

These programs are available to all employees and retirees regardless of healthcare provider.

