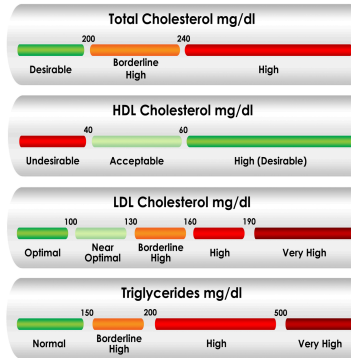


Cholesterol Isn't the Enemy: What Your Numbers Are Really Telling You

Lunch & Learn Workshop with Natalia Garcia, RDN, LDN



Feel empowered—not intimidated—by your lab results and understand what to do next. Topics covered include:

- The difference between “good” vs. “problematic” cholesterol patterns
- Why inflammation and blood sugar— not just fat—drives high cholesterol
- The truth about LDL, HDL, and triglycerides (simplified for real people)
- How lifestyle habits silently worsen labs (even in “healthy” people)
- Nutrition + lifestyle shifts that improve labs without extreme dieting



June 23 or June 30



12-1pm



ZOOM

REGISTER



For BOCC Employees Only: This YourChoice workshop earns points in the **ManateeThrives/Physical Wellbeing Pillar**