



## It's easy with free Online Group Coaching

Join our Cholesterol Series right from your computer!

### Down with Cholesterol

- Understand more about Cholesterol & Heart Health
- Learn helpful tips for living well and feeling better
- Start living the healthier life that you deserve

Our 6 week series starts **Tuesday, August 23 11:00-11:30PM CST** or **Wednesday, August 24 11:00-11:30am CST**

Registration **REQUIRED!** Click session time below to register:

Tuesdays 11:00am CST or Wednesdays 11:00am CST

\*Please register for only one time.

**Space is limited!**

**Participants completing 5 out of the 6 sessions will be entered to \*win a FitBit® Zip™.**

\*Sweepstakes Rules: No purchase necessary. A purchase will not increase your chances of winning. Legal residents of the 50 United States (D.C) 18 years and older are invited by the sponsor to participate. Void where prohibited. Sponsor: ActiveHealth Management, Inc., 1333 Broadway, 4<sup>th</sup> floor, New York, NY 10018

See next page for class descriptions

# Ready to start getting healthy?



1. Register using the link above.
2. Enter your registration information and click on "register."
3. Check your email for your registration confirmation.
4. Save the group coaching series to your calendar for the day/time you choose.
5. The day of class, follow the WebEx link provided to you and follow instructions to join the audio portion.
6. Come prepared to learn, interact, and have fun!

## Program Details:

<b>WEEK 1:</b> <b>ABC's of High Cholesterol</b>	An overview of cholesterol and why it can reach unhealthy levels. We'll talk about great ways for controlling cholesterol and living healthier.
<b>WEEK 2:</b> <b>All about Medicines</b>	Learn about the medicines used to treat high cholesterol and the pros and cons of taking medicine for this condition.
<b>WEEK 3:</b> <b>Making Good Food Choices</b>	We'll talk about the relationship between diet and cholesterol, and what foods cause your cholesterol to rise. You'll get tips for improving cholesterol through smart food choices.
<b>WEEK 4:</b> <b>Benefits of Staying Active</b>	Why physical activity plays a big role in helping to improve cholesterol lower cholesterol.
<b>WEEK 5:</b> <b>Getting Wise about Weight</b>	Learn about the link between cholesterol control and weight management. We'll also talk about keeping the right energy balance to help manage your weight.
<b>WEEK 6:</b> <b>What we've learned</b>	Join us as we review the important topics discussed throughout this series on cholesterol control.

## Online Group Coaching

It's free. It's easy. And it just may change your life.

