



Managing Cholesterol

Length: 1hr

Delivery modes: Onsite & Virtual Presentations; Pre-recorded tutorials.

Details: This presentation analyzes lifestyle and consumption patterns that cause unhealthy cholesterol levels. Actionable tips are given on foods to avoid, and habits to pick up on the road towards healthy cholesterol levels. Topics include:

- Main Causes - Food Types - Hidden & Seen
- The relationship between smoking & cholesterol
- Integrating healthy nutrition & lifestyle choices into daily schedules
- Tips for creating a balanced cholesterol diet.

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a cardiovascular health education seminar, and is not intended to replace medical advice. For personal issues concerning cardiovascular health, participants are advised to seek the services of their chosen health professional.