



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN YOUR NUMBERS

HEALTH, WELL-BEING AND FITNESS

Cholesterol Screening

Cholesterol screenings are provided as a service to our members to determine the member's total cholesterol, HDL (High Density Lipoprotein), Cholesterol/HDL ratio and glucose.

Date: December 12, 2011

Time: 8:30AM—10:30AM

Location: Assessment Room

Ages: 18+

Cost: \$20

Registration: Welcome Center

VICTORY FAMILY YMCA

101 Long Green Blvd., Yorktown, VA 23693

Franki Pivarnik

P 757 867 3300

E franki.pivarnik@peninsulaymca.org

www.peninsulaymca.org

