



Take Note: Cottonwood

“The Truth About What Your Cholesterol Numbers Really Mean”

Presented by:
Kenneth Bescak, M.D.
Cardiologist

High cholesterol is a major risk factor for heart disease, heart attack and stroke. Board-certified cardiologist Kenneth Bescak, M.D., will explain cholesterol levels, what they mean and steps you can take to improve your numbers.

5 – 6 p.m., Thursday, Nov. 20
Cottonwood Recreation Center,
150 S. 6th St.



Northern Arizona Healthcare
Verde Valley Medical Center

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