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FOR IMMEDIATE RELEASE

CONTACT: Sheri Waite, Marshall Public Library at 232-1263 x 22 or swaite@marshallpl.org

HEART HEALTH PROGRAM AT THE LIBRARY

Cholesterol Screening and Presentation on February 23, 2010

Pocatello's Marshall Public Library, 113 S. Garfield Avenue, in conjunction with the Portneuf Medical Center, announce a heart Health program to be held on February 23, 2010. The day begins early with a blood cholesterol screening from 7:30 a.m. to 9:30 a.m. in the library's lobby. The reduced fee of \$12.00 will include a total cholesterol check as well as HDL, LDL, Triglycerides and Glucose. To set up an appointment, please contact the library at 232-1263. Walk-ins are also welcome. Fasting 10 to 12 hours prior to the screening is required, with only water allowed.

That evening from 6:30 p.m. to 8:00 p.m. Portneuf Medical Center's cardiovascular educators will discuss the cholesterol screening results and present information on cholesterol and heart disease which is the No. 1 killer of American women and men. Everyone is welcome to attend this free presentation whether or not they participated in the cholesterol screening. For more information, call the library at 232-1263, or Portneuf Medical Center at 239-3603.

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