



WELLNESS
Presentation

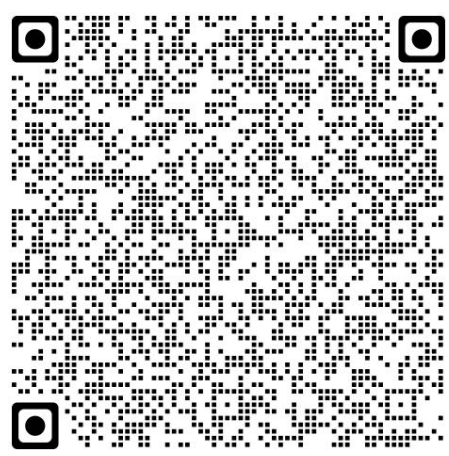
SUPPORTING EMPLOYEE HEALTH

HEART HEALTH

As a follow up from the 2022 biometric screenings, your YMCA Wellness Coach, Naomi Callahan, has information on the importance of heart health and HDL "good" cholesterol.

This 15-minute recorded presentation includes information on how to read nutrition labels, learning what foods have "good" fats, and offering tips for improving cholesterol.

SCAN THE QR CODE TO VIEW THE PRESENTATION



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Want to learn more? Contact Naomi Callahan at MCwellnesscoach@daytonymca.org