

Other ways to promote cholesterol awareness during the month of September:

- Create computer screen savers featuring a heart health awareness theme, which encourages screening, living a healthier lifestyle and inspirational photos of colleagues touched by heart disease.
- Providing promotional items featuring nurse line phone numbers and reminders to get cholesterol screenings at any events your company is sponsoring this month.
- Put up flyers encouraging employees, colleagues and guests to “know their numbers” (including cholesterol) and to schedule an annual physical to help prevent or control heart disease.
- Conduct a cooking demonstration using a heart-healthy recipe or feature healthier meals and other foods that can help prevent or control high cholesterol.
- Host a group walk around your company at break times.
- Offer a cholesterol-level screening event and lunch and learn for your colleagues.