

Talks to focus on cholesterol

David Young, a doctor with Barton cardiology, will give two lectures in February about cholesterol health.

The first is Feb. 5 from 6-7pm at Lake Tahoe Community College in the board room. The other is Feb. 12 from 6-7pm at Sierra Nevada College, Tahoe Center for Environmental Sciences, Room 139, Incline Village. Both are free.

Attendees will learn about cholesterol metabolism and how to understand cholesterol results, discover natural ways to manage cholesterol, and the risks and benefits of cholesterol therapy using statins.