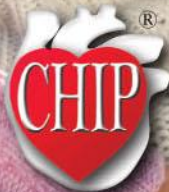
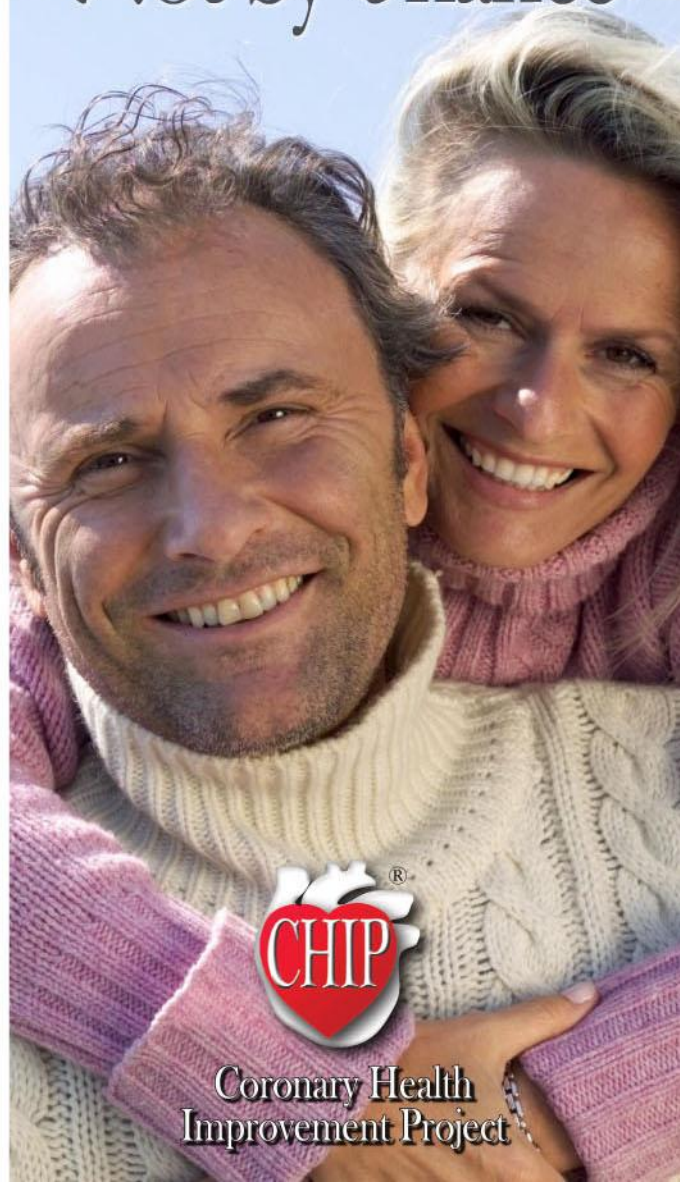


A CHANGE OF HEART

Healthy by Choice Not by Chance



Coronary Health
Improvement Project

It's never
too late...



TO TAKE CHARGE
OF YOUR HEALTH!

Join over 50,000 CHIP graduates
from around the world and
discover. . .

What CHIP can do for you!

- Cholesterol levels drop an average of 10-20% and as much as 40%
- Weight loss averages 7 pounds in just 30 days
- Diabetes and Blood Pressure medications are often reduced or sometimes eliminated
- Depression recovery is high
- Better sleep and higher energy levels are commonly reported

Health is not everything,
but without it,
everything is nothing.

Dr. Hans Diehl

Dr. Hans Diehl is the speaker in this dynamic, scientifically sound, and often humorous video lecture series. His pioneering work in lifestyle medicine includes directing research and education programs in the early days of the Pritikin Longevity Center in California.



Hans Diehl, Dr. Health Sc, MPH
Clin. Prof. Preventive Medicine
Loma Linda University
Director, Lifestyle Medicine Institute

CHIP results have been reported in more than a dozen articles published in peer-reviewed journals, such as:

- *The American Journal of Cardiology*
- *Journal of the American Dietetic Association*
- *Preventive Medicine*
- *Journal of Occupational and Environmental Medicine*

This lecture series is enriched by additional learning activities facilitated by certified local CHIP facilitators. CHIP creates a clear and compelling solution to the alarming personal and national health care crisis.

You owe it to yourself to check out CHIP –
For your own peace of mind and for those you love.

Overweight? Diabetes? High blood pressure? Angina? Cholesterol? Depression?

What is CHIP?

The **C**orona**r**y **H**ealth **I**mprovement **P**roject (CHIP) is designed to substantially lower high levels of blood pressure, blood sugar, cholesterol, heartburn, angina and to lessen depression. It facilitates the reversal of narrowed arteries.

This world-class program is conducted in hospitals, corporations and churches throughout North America and beyond. Thousands have been helped. You can be one of them because CHIP is now available in your community!

Your CHIP program includes

- Two screenings, including cholesterol, LDL, HDL, triglycerides, glucose, weight, pulse, blood pressure, etc.
- Two clinical lifestyle evaluations
- Personalized counseling
- 16 dynamic health and lifestyle lectures
- *Dynamic Living* textbook and workbook
- *Optimal Diet* cookbook
- Food demonstrations and samples
- Regular alumni support meetings

"Dr. Diehl has brought a very powerful message... how to use diet and exercise to turn around and prevent many of our Western killer diseases."

WILLIAM P. CASTELLI, MD
FRAMINGHAM HEART STUDY
NATIONAL INSTITUTES OF HEALTH



Chadron Chip

Free Information Sessions & Registration

Attend one of the following FREE one-hour Information Sessions to learn more about CHIP, register for the program and schedule a comprehensive Health Screen:

Thur, Mar 8 at 7 pm

*Chadron SDA Church
Fellowship Hall
6th & Bordeaux*

Sun, Mar 11 at 4 pm

*Prairie Pines Lodge
900 W. 7th St., Chadron*

Tues, Mar 13 at 7 pm

*Bean Broker
202 W. 2nd S, Chadron*

FEE

Single/\$250 Couple/\$375

Call now to register or for more information:

308.430.0150

chadronchip@hotmail.com



Daily Seminar Schedule

Program schedule and Topics:

Monday -Thursday, 7 pm

Week 1 - March 18-22

- Sun Miracles, Medicines & Mirages
- Mon Portrait of a Killer
- Tue Stalking the Killer
- Thu Eat More and Weigh Less

Week 2 – Mar 25-29

- Sun The Magic of Fiber
- Mon Reversing Hypertension/
Disarming Diabetes
- Tue Effective Cholesterol Control
- Thu Fats in the Fire

Week 3 – April 1-5

- Sun Walk for Your Life
- Mon Osteoporosis Calcium Robbers
- Tue Lifestyle and Health
- Thu Reversing Disease with Knife & Fork

Week 4 – April 9-12

- Mon Diet and Cancer
- Tue Artherosclerosis of the Mind
- Wed The Gift of Forgiveness
- Thu Building Self-Worth

HealthScreen #1

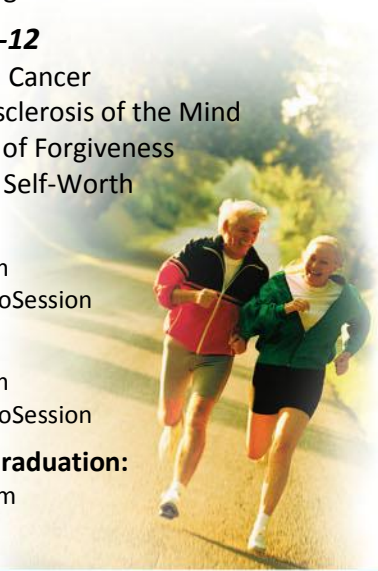
Thur, Mar 15 at 7 am
Scheduled at the InfoSession

HealthScreen #2

Thur, Mar 15 at 7 am
Scheduled at the InfoSession

CHIP Banquet & Graduation:

Thur, April 19 at 7 pm



DIRECTOR: Terry Owen, Chadron Chip

LOCATION: Fellowship Hall, Chadron SDA Church
6th and Bordeaux
Chadron, NE 69337

?s ABOUT CHIP: www.CHIPonline.org