

ENJOY a NEW QUALITY of LIFE



Experience the **CHIP (Coronary Health Improvement Project)** program—a journey of discovery where you will learn not only why heart disease, certain adult cancers, and the complications of high blood pressure and diabetes are responsible for 70 percent of all deaths in North America, but also how you can decrease your own risk!



Uncover the **keys to reversing** the health-eroding effects of our affluent lifestyle.

Be highly **motivated toward change** through what you have learned.

What is CHIP?

CHIP (Coronary Health Improvement Project) is the world-leading, medically validated, 30-day **lifestyle enhancement** journey to better health. **CHIP** is not a diet, but it **will** show you how to **eat more** and lose weight, **lower** your blood pressure and cholesterol, **reverse** and **prevent** type 2 diabetes, heart disease, and angina.

Thousands have been helped, and **CHIP can help YOU!**

April 11 - May 16, 2010
→ at Willowdale SDA Church



What CHIP can do for you:

- ✓ Cholesterol levels typically drop an average of 10-20% and as much as 40%.
- ✓ Weight loss averages 7 pounds in just 30 days.
- ✓ Type 2 Diabetes and Blood Pressure medications are usually reduced or even eliminated (working with your doctor).
- ✓ Cancer risks are lowered.
- ✓ The need for laxatives is decreased.
- ✓ Better sleep and higher energy levels are commonly reported.



CALL (416) 203-0451 FOR MORE INFORMATION.

www.chiphealth.com



CHIP Program Fees Include:

- ✓ Two health screens for total cholesterol, LDL, HDL, triglycerides, fasting blood sugar, blood pressure, heart rate, weight and body fat percentage
- ✓ Two lifestyle evaluations
- ✓ Personalized counseling
- ✓ 16 dynamic health and lifestyle video lectures
- ✓ Dynamic Living textbook and workbook, plus additional printed materials, tote bag and water bottle
- ✓ Natural foods cookbook
- ✓ Food demonstrations and samples
- ✓ Grocery shopping tours
- ✓ Alumni support meetings



Learn More...

Attend a Free Information Session

Call (416) 203-0451 today to sign up for one of the following free information sessions or to register for the CHIP program:

March 13, 2010, Saturday, at 6:00-8:00 pm

→ (a CHIP health video will be shown)

March 23, 2010, Tuesday, at 7:00-8:00pm

March 30, 2010, Tuesday, at 7:00-8:00pm

April 1, 2010, Thursday, at 7:00-8:00pm

April 6, 2010, Tuesday, at 7:00-8:00pm

All sessions to be held at: Willowdale SDA Church, 535 Finch Ave. West, Toronto

Program Fee: \$275 for individuals / \$450 for couples sharing program materials / \$150 Alumni

Program Location: Willowdale SDA Church, 535 Finch Avenue West, Fellowship Hall, Toronto (just west of the Finch & Bathurst intersection, south side, beside Branson Hospital)

Spring 2010 Program: Dates, Times and Topics (lectures are Mon-Thurs, 7:00-9:00 pm)

* Health Screen #1 (April 11, Sunday, 8-10 am)

1. Modern Medicine: Miracles, Medicines, Money and Mirages (April 12, Monday)
2. Portrait of a Killer (April 13, Tuesday)
3. Stalking the Killer (April 14, Wednesday)
4. Eat More and Weigh Less (April 15, Thursday)
5. The Magic of Fibre (April 19, Monday)
6. Reversing Hypertension / Disarming Diabetes (April 20, Tuesday)
7. Effective Cholesterol Control (April 21, Wednesday)
8. Fats in the Fire (April 22, Thursday)

* Nutrition Workshop (April 25, Sunday, 1-3 pm) (optional)

9. Walk for Your Life (April 26, Monday)
10. Osteoporosis: Calcium Robbers (April 27, Tuesday)
11. Lifestyle and Health (April 28, Wednesday)
12. Reversing Disease with Knife & Fork (April 29, Thursday)
13. Diet and Cancer (May 3, Monday)
14. Atherosclerosis of the Mind (May 4, Tuesday)
15. Building Self-Worth (May 5, Wednesday)
16. The Gift of Forgiveness (May 6, Thursday)

* Health Screen #2 (May 9, Sunday, 8-10 am)

* Graduation Ceremony (May 16, Sunday, 3-6 pm)



Hans Diehl, DrHSc, MPH, FACN, CNS, Director of Lifestyle Medicine Institute in Loma Linda, California, and creator of the CHIP program, is the speaker in this dynamic, scientifically sound, and often humorous video lecture series.

CHIP (CORONARY HEALTH IMPROVEMENT PROJECT) IS A COMMUNITY SERVICE PROGRAM

www.chiphealth.com

