

“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.



CHIP results have been reported in the following peer-reviewed journals:

- *The American Journal of Cardiology*, November 1998
- *Journal of the American Dietetic Association*, March 2005
- *Preventive Medicine*, April 2005
- *Journal of Occupational and Environmental Medicine*, June 2005

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

INFORMATION SESSIONS & REGISTRATION

Attend one of the **FREE** *Information Sessions* to learn more about **CHIP**, register for the program and schedule a comprehensive *HealthScreen*:

- *Sunday, August 23, 4:30 p.m.*
Medical Center of McKinney (4500 Medical Center Dr. McKinney, 75069)
- *Monday, August 24, 7:00 p.m.*
Mosaic Christian Fellowship (571 Lakeridge Dr. Fairview, 75069)
- *Tuesday, August 25, 7:00 p.m.*
Allen Public Library Meeting Room (300 N. Allen Dr. Allen, 75013)

Seminar Fees

\$275/person or \$350/couple

Call for more information:

972-358-6416



A CHANGE OF HEART

Healthy by Choice not by Chance

A Health Program That Will Change Your Life



Coronary Health Improvement Project

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

What is CHIP?

The Coronary Health Improvement Project (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, schools, 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 health screens for total cholesterol, LDL, HDL, triglycerides and fasting blood sugar.
- Two lifestyle evaluations
- Personalized counseling
- 16 dynamic health and lifestyle lectures
- *Dynamic Living* textbook and workbook
- Natural foods cookbook
- Food demonstrations and samples
- Regular alumni support meetings

[Free Information Session](#)

[See back for details](#)

Daily Seminar Schedule

Comprehensive *HealthScreen* # 1
Thur, Aug 27, 6:30 a.m. - 8:30 a.m.

Class Schedule and Topics: Sun, Mon, Tue & Wed
7:00 p.m. - 9:00 p.m.

Week 1 — Aug 30, 31, Sept 1, 2

Sun Miracles, Medicines and Mirages
Mon Portrait of a Killer
Tue Stalking the Killer
Wed Eat More and Weight Less

Week 2* — Sept 8, 9

Tue The Magic of Fiber
Wed Reversing Hypertension/Disarming Diabetes

*Labor Day holiday—we will not meet on Sept 6 & 7.

Week 3 — Sept 13, 14, 15, 16

Sun Effective Cholesterol Control
Mon Fats in the Fire
Tue Walk for Your Life
Wed Osteoporosis: Calcium Robbers

Week 4 — Sept 20, 21, 22, 23

Sun Lifestyle and Health
Mon Reversing Disease with Knife & Fork
Tue Diet and Cancer
Wed Atherosclerosis of the Mind

Week 5 — Sept 27, 28

Sun The Gift of Forgiveness
Mon Building Self-Worth

Comprehensive *HealthScreen* # 2
Wed, Sept 30, 6:30 a.m. - 8:30 a.m.

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



Director: Kim Marchok
Location: Mosaic Christian Fellowship
571 Lakeridge Dr.
Fairview, TX 75069
Phone: 972-358-6416