

## ♥ Rocky Mount CHIP Schedule

**HeartScreen #1 6:00 - 8:30 AM**  
Friday, Jan 28<sup>th</sup> Come Fasting  
Breakfast Provided!

**Seminar 6:30 - 8:45 PM**

### WEEK 1 Jan. 31, Feb. 1 & 3

Mon. Miracles, Medicines & Mirages  
Tues. Portrait of a Killer  
Thurs. Stalking the Killer

### WEEK 2 February 7, 8 & 10

Mon. Eat More, Weigh Less  
Tues. Going Up in Smoke /  
The Magic of Fiber  
Thurs. Disarming Diabetes /  
Reversing Hypertension

### WEEK 3 February 14, 15 & 17

Mon. Effective Cholesterol Control  
Tues. Fats in the Fire  
Thurs. Fit at Any Age

### WEEK 4 February 21, 22 & 24

Mon. Boning Up on Osteoporosis  
Tues. Lifestyle, Health & Disease Reversal  
Thurs. The Optimal Diet

### WEEK 5 & 6 Feb. 28, Mar. 1,3, & 7

Mon. Diet and Cancer  
Tues. Atherosclerosis of the Mind  
Thurs. The Gift of Forgiveness  
Mon. Building Self-Worth

**HeartScreen #2 6:00 - 7:30 AM**  
Monday, March 7<sup>th</sup> Come Fasting  
Breakfast Provided!

**Graduation Banquet**  
Tuesday, March 15<sup>th</sup> at 6:00 PM



CHIP Lecturer  
(via video)

**Hans Diehl,**  
DrHSc, MPH,  
Director, Lifestyle  
Medicine Institute


Dr. Hans Diehl is the director of the Lifestyle Medicine Institute of Loma Linda, California, the founder of **CHIP** and is the primary speaker of this series via video. He is a pioneer in lifestyle medicine, has directed the research and education programs at the Nathan Pritikin Longevity Center in California and was a post-doctoral research fellow in cardiovascular epidemiology, supported by the National Institutes of Health. He was also a post-doctoral scholar at UCLA. He holds his doctorate in Health Science and Masters in Public Health Nutrition from Loma Linda University. His presentations in this series of lectures are compelling, clear and most relevant for today.

Improve your health in just  
**30 days!**



“Health isn’t everything,  
but without it,  
everything is nothing.”  
-Hans Diehl

**Jan 28 - Mar 7, 2011**

**Rocky  
Mount  
CHIP** 

*An outstanding educational experience.  
Learn how to **avoid or reverse:***

- **Heart Disease**
- **High Blood Pressure**
- **Adult Onset Diabetes**
- **High Cholesterol**
- **Obesity**

Reverse Disease  
With Fork & Knife



**Coronary Health  
Improvement Project**

## ♥ What is CHIP?

The Coronary Health Improvement Project, CHIP, is a lifestyle program that has a lot of people talking here in Virginia and across the United States and Canada. Thousands of graduates have learned how to take charge of their health and restore energy and vibrant health.

The CHIP lifestyle program is designed to dramatically reduce and even reverse your risk of atherosclerosis (narrowing of the arteries). This silent process in the blood vessels is America's #1 killer. If you are overweight, have high blood pressure, diabetes, angina or high cholesterol or wish to avoid these problems, CHIP is for you.

## ♥ CHIP Participants Say...

*"Had I found the CHIP program earlier, I know I could have avoided two devastating bypass surgeries, two heart attacks and 15 years of uncertainty and anxiety."*

*"I am really a new person. Instead of taking 27 pills a day, I'm down to 2. My physicians are amazed!"*

*"You should have seen my husband! He was so happy when he was completely taken off his blood pressure medication he had been on for more than 30 years."*

## ♥ Health Professionals Say...

"In all the years we have been conducting healthy lifestyle programs, we have never experienced anything as effective as CHIP. For a fraction of the cost, CHIP participants get all the benefits of a live-in program while establishing new lifestyle habits in the realistic home environment and working with an on-going support group. Our "Chippers" love CHIP and so do we."

- George Guthrie, MD, MPH
- Dena Guthrie, RN, MS, ANP

## ♥ What Participants Have Experienced:

Over 50,000 graduates from four continents know how CHIP changes lives. A few simple, painless, and deliberate lifestyle choices can make all the difference in the world.

### Blood Cholesterol

Many participants have an average drop of 17% in their cholesterol, with some up to 40%. This means a 25%-50% decrease in your risk of a heart attack. Persons with high cholesterol decreased or eliminated their need for medication.

### Weight

Overweight participants lost an average of 7 pounds in 4 weeks, a healthy loss, with some losing upwards of 15 pounds. And that's without going hungry!

### Blood Sugar

A number of participants reduced or eliminated their need for medication.

### Blood Pressure

Most participants with high blood pressure were able to reduce or eliminate their need for medication.

## ♥ What Participants Receive:

- ♥ 2 HeartScreens for total cholesterol, LDL, HDL, ratio, triglycerides & blood sugar
- ♥ 2 Lifestyle Evaluations & Personalized Counseling
- ♥ 16 evenings of Lifestyle Lectures
- ♥ Dynamic Living text and workbook
- ♥ Menu planning, recipes, food demonstrations and samples
- ♥ Regular Alumni Support group meetings

## ♥ Free Information Sessions --Tuesday, January 25<sup>th</sup> at 6:30 pm at the

Rocky Mount Lifestyle Health Center  
350 Tanyard Road, Rocky Mount, VA  
(across from the Armory)

**Call 483-7775 for more information.**

## ♥ Program Registration

**\$25.00 Refundable deposit required**  
(no refunds after January 25th)

*(Early registration is recommended because seating is limited.)*

## ♥ Program Fees

**Only \$395 per person**

**Or \$595 per couple (sharing materials)**

(discounted from regular price of \$495/person and \$695/couple)

## ♥ CHIP Program Location

Rocky Mount Lifestyle Health Center  
350 Tanyard Road, Rocky Mount, VA  
(across from the Armory)

**Phone: 540-483-7775**

[www.lifestylehealthcenter.org](http://www.lifestylehealthcenter.org)