

***Rocky Mount
Coronary Health
Improvement
Project (CHIP)***



IN JUST 30 DAYS!

- Decrease Heart Attack Risk
- Normalize Diabetes
- Reduce risk of Strokes
- Normalize Blood Pressure
- Reduce Risk of Cancer
- Lower Cholesterol by 15-20%
- Increase Overall Quality of Your life

Actual Program:

**Monday through
Thursday Evenings
6:30 to 8:45 PM**

**Four consecutive
weeks (16 sessions)
Sept 29th - Oct 23rd**

**Free 1-Hour Information
Sessions:**

All sessions are identical, so just choose one--
the one that fits best into your schedule.

- Video presentation overview of the program
- Sample textbook, workbook, cookbook and binder for extra materials on display
- Explanation of lectures, food samples, cooking demonstrations and shopping tours
- Medical personnel to answer your questions
- Opportunity to register for the program

All sessions held at the new
Rocky Mount Lifestyle Health Center
at 350 Tanyard Road (across from Armory)

Thursday September 18 at 6:30 PM
Monday September 22 at 6:30 PM
Tuesday September 23 at 6:30 PM
Wednesday September 24 at 6:30 PM

More Information: 483-7775