

On the Track to Better Health

» Through a video series with Dr. Hans Diehl



WHAT

The Coronary Health Improvement Project (CHIP)

FOR WHOM

Anyone who wishes to improve their lifestyle

WHERE

Pacific Union College Church Fireside Room

WHEN

Jan. 10-Mar. 2, 2005, Mondays & Wednesdays 5:30 p.m. - 7:00 p.m.

COST

\$195 payment per person, which includes a HeartScreen, personalized evaluation, food samples, and all the printed materials.

PUC's human resources department will pay 50 percent of the cost for PUC employees.

What is CHIP?

The Coronary Health Improvement Project is a program that addresses the lifestyle diseases of the 21st century—obesity, diabetes, hypertension, heart disease, stroke and osteoporosis. CHIP is a four-week program that has taught graduates how to make healthier lifestyle choices, allowing them to eat more and weigh less, markedly reducing their risk of heart disease and cancer, and enhancing the overall quality of their lives.

The solution to most of our health problems today does not depend on physicians, technological advances or the quality of our hospitals. Our health today is determined largely by our lifestyle choices, our physiological inheritance, and our physical environment. CHIP addresses personal health in terms of lifestyle decisions that students can make individually to enrich their lives with good health.

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Yes, I would like to attend the 8-week CHIP session (\$195), Jan. 10 - Mar. 2

Name _____

Address _____

Phone _____

Signature _____



Send to: Pacific Union College Human Resources, One Angwin Avenue, Angwin, CA 94508. Questions? Call 707-965-6231.