

SCHEDULE

Health Screen 1 **April 14**

At Beaverton SDA Church
(Provided by Staff from Adventist Medical Center)

Thursday, 6:30 am-9:30 am
Come Fasting, Breakfast Provided!

Seminar *Sunday 5:00 pm-8:00 pm*
Tuesday & Thursday 6:00 pm-8:00 pm
Meal will be served from 6:00-6:30

Week 1 **April 17, 19, 21**

Sun. 5^{pm} Miracles, Medicines & Mirages
Sun. 7^{pm} Portrait of a Killer
Tues. Stalking the Killer
Thurs. Eat More and Weigh Less

Week 2 **April 24, 26, 28**

Sun. 5^{pm} The Magic of Fiber/Good Carbs
Sun. 7^{pm} Disarming Diabetes and
Reversing Hypertension
Tues. Effective Cholesterol Control
Thurs. Fats in the Fire/Healthy Fats

Week 3 **May 1, 3, 5**

Sun. 5^{pm} Fit at Any Age—Walk for Life
Sun. 7^{pm} Osteoporosis
Tues. Preventing Alzheimer's with
Lifestyle Changes
Thurs. The Optimal Diet

Week 4 **May 8, 10, 12**

Sun. 5^{pm} Diet and Cancer
Sun. 7^{pm} Adaptability
Tues. The Gift of Forgiveness
Thurs. Building Self-Esteem

Health Screen 2 **May 12**

At Beaverton SDA Church
(Provided by Staff from Adventist Medical Center)

Thursday, 6:30 am-9:30 am
Come Fasting, Breakfast Provided!

Graduation **May 19**

Thursday, 6:30 pm-9:00 pm
Family invited

SPEAKERS



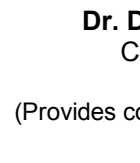
Dr. David Cheek, MD
CHIP Medical Director
Anesthesiologist
St. Vincent Hospital

"The CHIP program is very effective in helping people reduce their need of medication, lose weight, relieve their symptoms and feel better."

Leon Q. Colburn, Chief PA
Cardio-Thoracic Surgery
The Oregon Clinic



Yvonne Ferguson, RN, BSN
Certified Diabetes Educator
Exhuberant Health



Dr. Don Hall, DrPH, CHES
CEO of Wellspring Inc.
Clackamas, Oregon
(Provides corporate health programs)



"Health is not everything, but without it, everything is nothing." **-Hans Diehl**

GUEST SPEAKER



Dr. Philippe Thuillier, PhD
Assistant Professor,
Dept of PHPM
OHSU Cancer Institute

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

April 14 - May 12, 2011



An outstanding educational experience for those who have or wish to avoid:

- Heart Disease
- High Blood Pressure
- Adult Onset Diabetes
- High Cholesterol
- Arthritis
- Obesity
- Cancer
- Depression
- Digestive Problems
- Osteoporosis
- High Medical/ Medication Costs

Prevent & Reverse Disease
With a Fork & Knife

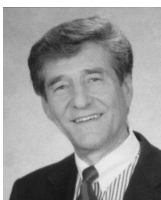


**Coronary Health
Improvement Project**

♥ What is CHIP?

The **C**orona**r**y **H**ealth **I**mprovement **P**roject, (**CHIP**), is a lifestyle program that 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. If you wish to improve or avoid these problems, CHIP is for you.

This world-class program is conducted in hospitals, corporations and churches throughout North America, in Australia, New Zealand, England and beyond. Over fifty thousand have been helped. You can be one of them because CHIP is now available in your community.



Hans Diehl,
Dr. Health Sc, MPH
Clin. Prof. Preventive Medicine
Loma Linda University
Director, Lifestyle Medicine
Institute

“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 & education programs in the early days of the Pritikin Longevity Center in California. CHIP results have been reported in more than a dozen articles published in peer-reviewed journals, such as:

The American Journal of Cardiology

Journal of the American Dietetic Association

Preventive Medicine

Journal of Occupational & Environmental Med.

The **New York Academy of Medicine** published (Sept. 2009) a compendium report, where the **CHIP** Disease Prevention Program was **rated as one of the top three** (out of 84) national community based health programs. An analysis of the Rockford, Illinois CHIP showed highly significant reductions in disease progression with the greatest improvements among those at highest risk, after **just 30 days**. The estimated Return On Investment within one year was estimated to be \$5.60 for every dollar invested.

♥ Your CHIP program includes

- ✓ **2 Health Screens including: weight, cholesterol, LDL, HDL, triglycerides glucose, blood pressure, pulse etc.**
- ✓ **2 Clinical Lifestyle Evaluations & Personalized Counseling**
- ✓ **16 Health & Lifestyle lectures**
- ✓ **Dynamic Living Text & Workbook**
- ✓ **Natural Foods Cookbook**
- ✓ **12 Meals & Food Demonstrations**
- ✓ **Monthly Alumni Support Meetings**

♥ What CHIP can do for you!

- ✓ **Cholesterol levels 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**
- ✓ **Depression recovery is high**
- ✓ **Better sleep and higher energy levels are commonly reported**
- ✓ **Cancer risks are lowered**
- ✓ **Need for Laxatives is decreased**

“Dr. Hans Diehl has brought a very powerful message... how to use diet and exercise to prevent the number one killers in our society.”

*William Castelli, MD, MIH
Director Framingham Heart Study
National Institutes of Health*

♥ Free Information Sessions

Attend one info session to learn more about CHIP, register for program and schedule Health Screen

April 4 • Monday • 7:30 pm
St. Vincent Hosp., Conference Rm. #4
9205 S.W. Barnes Rd., Portland
(Main hospital entrance, second floor, near cafeteria)

April 7 • Thursday • 7:30 pm
Church of Jesus Christ of Latter-day Saints
8640 SW Turquoise Loop, Beaverton
(southwest of Murray & Saxton Mt. Dr.)

April 11 • Monday • 7:30 pm
Tualatin Valley Academy, West Building
21975 W. Baseline Road, Hillsboro
(just west of Cornelius Pass Rd)

April 12 • Tuesday • 7:30 pm
Beaverton SDA Church, Fellowship Hall
14645 S.W. Davis Road, Beaverton
(one block south of Allen on Murray)

♥ Registration & Fees

\$265 per Person (\$245)*
\$395 per Couple (\$355)*
\$75 per CHIP Alumni
\$60 special student rate when registering with parent

*Early bird special, register & pay by April 8



Coronary Health Improvement Project

Seminar Director
David Cheek, MD

Seminar Location
Beaverton SDA Church, Fellowship Hall
14645 SW Davis Rd, Beaverton, OR 97007

Ways to contact us:
Ph: 503-646-3233 Fax: 503-646-3233
E-mail: info@BeavertonCHIP.com
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