

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

What is CHIP?

Wabash Valley CHIP (Complete Health Improvement Program) can help you to survive and thrive. In 8 weeks of twice weekly sessions, you will learn to eat healthy, low fat, low processed, high fiber foods, exercise moderately, and practice stress management techniques in an atmosphere of fun group support. These lifestyle changes have been shown to improve, prevent and even *reverse* heart disease. CHIP can also teach you how to reverse other chronic diseases such as diabetes, hypertension, gout, and high cholesterol. For those of you with cancer, these changes have been shown to improve the quality of life, survival and reduce recurrence. We are excited to share this life changing information with you.



Your CHIP program includes

- Two screenings, including cholesterol, LDL, HDL, triglycerides, glucose, weight, pulse, blood pressure, etc.
- Two clinical lifestyle evaluations
- Personalized counseling
- 16 dynamic health and lifestyle lectures
- *Dynamic Living* textbook and workbook
- *Optimal Diet* cookbook
- Food demonstrations and samples
- The Maple Center for Integrative Health binder with bonus materials
- Regular alumni support meetings

“CHIP is a true education that can help reverse heart disease and other chronic illnesses—at a fraction of the cost of live-in programs. Lifestyle choices are powerful medicine.”

Kathleen Stienstra, MD

March 5-April 26, 2012

Heart Screen # 1

Friday, March 2 6-8 AM

Landsbaum Center for Health Education
1433 N. 6th St., Terre Haute, IN
ISU Sycamore Nursing Center

Seminars: 6:30-8:45 PM

Indiana State University 650 W. Cherry St.
John T. Myers Technology Bldg.—Room TC105

- WEEK 1** **March 5 & 8**
Mon. *Miracles, Medicines & Mirages*
Thurs. *Portrait of a Killer*
- WEEK 2** **March 12 & 15**
Mon. *Stalking the Killer*
Thurs. *Eat More and Weigh Less*
- WEEK 3** **March 19 & 22**
Mon. *Going Up in Smoke/The Magic of Fiber*
Thurs. *Reversing Hypertension / Disarming Diabetes*
- WEEK 4** **March 26 & 29**
Mon. *Effective Cholesterol Control*
Thurs. *Fats in the Fire*
- WEEK 5** **April 2 & 5**
Mon. *Fit at Any Age*
Thurs. *Osteoporosis: Calcium Robbers*
- WEEK 6** **April 9 & 12**
Mon. *Lifestyle Health and Disease Reversal*
Thurs. *Optimal Diet / Research Update*
- WEEK 7** **April 16 & 19**
Mon. *Diet and Cancer*
Thurs. *Importance of Adaptability*
- WEEK 8** **April 23 & 26**
Mon. *The Gift of Forgiveness/ Building Self-Esteem*
Thurs. *Graduation*

Heart Screen # 2

Friday, April 20 6-8 AM

Landsbaum Center for Health Education
1433 N. 6th St., Terre Haute, IN
ISU Sycamore Nursing Center
12 hr fast required. Breakfast provided!

CHOOSE to be HEALTHY!

PREVENT & REVERSE Disease with CHIP





It's never too late... TO TAKE CHARGE OF YOUR HEALTH!

Join over 50,000 CHIP graduates from around the world and discover...

What CHIP can do for you!

- Cholesterol levels **drop** an average of **10-20%** and as much as **40%**
- Weight loss averages **7-8 pounds**
- Diabetes and Blood Pressure medications are often **reduced** and sometimes **eliminated**
- Depression **recovery is high**
- Better sleep, **higher energy levels**, and less pain are commonly reported
- Research shows that coronary artery disease can be **reversed** with lifestyle changes

Healthy by **CHOICE**, not by **CHANCE!**

CHIP Participants Say...

"I no longer take cholesterol or high blood pressure medications. As a result I am saving more than \$600 every 3 months." Jim Snapp

"I feel better than I have ever felt with more energy, better memory, better blood values, as they relate to cardiac and diabetes risks, and a general improved outlook on life." Susan Spice, PT

"Thanks to CHIP, I have lost 20 lbs, reduced my cholesterol medication by 75% and blood pressure meds by 50%. I have an increased energy level and I have been able to maintain these results over the 12+ months since completing the program." David Doerr

"I lost 4 lbs in two weeks after the information session before the program actually started. I have lost another 8 lbs in 6 weeks. My insulin use is also down." Joann Orman

"CHIP taught me how to reverse my coronary artery disease. Before starting CHIP I had a heart attack with stents inserted and now I am 'heart attack proof' thanks to what I learned. Since I took the CHIP class in the spring of 2011 my numbers have decreased as follows: weight 213 to 167, total cholesterol 182 to 113, and the bad cholesterol (LDL) 111 to 59." Doug Fell

"The CHIP research shows that plaque in the arteries can be stopped and even improved with this program. I have a 60% blockage in the left carotid artery and a recent test done since I finished the class showed improvement in my artery compared to the same test about 1.5 years ago. My heart doctor said I am on my way to saving my life!" Susan Reynolds

PROVEN RESULTS

Priceless benefits

Registration Fee

Individual \$399.00
Couple \$650.00

Eligible for Medical Saving Acct and Flexible Medical Spending Acct Reimbursement
Scholarships available, funded by previous participant donors & a grant from the Wabash Valley Community Foundation.



Optional CHIP Sessions

Applied Nutrition Workshops \$25 each
March 18 and April 15: Clabber Girl
Grocery Store Tours \$10 each
March 14, 17, 21 & 25

Attend a FREE Information Session

7:00PM-8:30PM ALL SESSIONS
ATTEND TO REGISTER
AND TO SCHEDULE HEART SCREEN

Thursday, February 9

Union Hospital East: Atrium Level Classroom
1606 N. 7th St.

Monday, February 13

Terre Haute Regional Hospital: Classroom 3
3901 S. 7th St.

Thursday, February 16

Terre Haute Chamber of Commerce
630 Wabash Ave, Suite 105

Monday, February 20

Union Hospital East: Atrium Level Classroom
1606 N. 7th St.

Thank you to our sponsors:



Presented by the 501c3 Nonprofit
The Maple Center
for Integrative Health

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www.themaplecenter.org



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Dr. Hans Diehl, Director of the Lifestyle Medicine Institute, is the developer of the CHIP program and a primary speaker in the DVD portion of this internationally offered dynamic, scientifically sound, and often humorous program. Half of the program is presented by our local team and half by DVD. The live portion includes many demos and samples.



Hans Diehl, Dr. Health Sc, MPH
Clin. Prof. Preventative Medicine
Loma Linda University

CHIP results have been reported in peer-reviewed journals, such as: The American Journal of Cardiology, Journal of the American Dietetic Association, Preventative Medicine, and Journal of Occupational and Environmental Medicine.

www.chiphhealth.com

