



Valley Health System

A California Local Health Care District

NEWS

FOR IMMEDIATE RELEASE

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HEMET VALLEY MEDICAL CENTER TO SUPPORT CORONARY HEALTH PROJECT

HEMET, CA – Hemet Valley Medical Center is co-sponsoring the Coronary Health Improvement Project (CHIP) in Hemet by providing clinical laboratory services to participants. Pre testing will take place on April 2 between 7 and 9 am, and a follow up test on April 30.

“The CHIP program is excited in welcoming the collaboration of Hemet Valley Medical Center in making this lifestyle intervention program available to the people of the Hemet Valley in a most cost effective manner,” said Dr. Hans A. Diehl, Director of the Lifestyle Medicine Institute based in Loma Linda, CA.

According to Dr. Diehl, the CHIP is an affordable, lifestyle enrichment program designed to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications. The goal is to lower blood cholesterol, triglycerides, and blood sugar levels by reducing excess weight, lowering high blood pressure, enhancing daily exercise, improving dietary choices, and eliminating smoking, thus aiding in preventing and reversing disease. Dr. Diehl, who also serves as a Clinical Professor of Preventive Medicine for the School of Medicine at Loma Linda University, established CHIP which now has over 50,000 graduates worldwide.

Those wishing to participate in the CHIP sessions must register before the lab testing, and then follow up with an individual evaluation session. The sessions are held at the Fellowship Hall of the Seventh-Day Adventist Church in Hemet. For more information, please call (951) 492-5354.

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Background information on CHIP may be found by visiting www.chiphealth.com . To schedule an interview with Dr. Diehl, please call (909) 796-7676.

It's about the patient.

Valley Health System is a California local health care district comprised of two acute care hospitals, Hemet Valley Medical Center and Menifee Valley Medical Center, and a chemical dependency treatment and rehabilitation facility, Hemet Valley Recovery Center & Sage Retreat. For more information, visit www.ValleyHealthSystem.com.