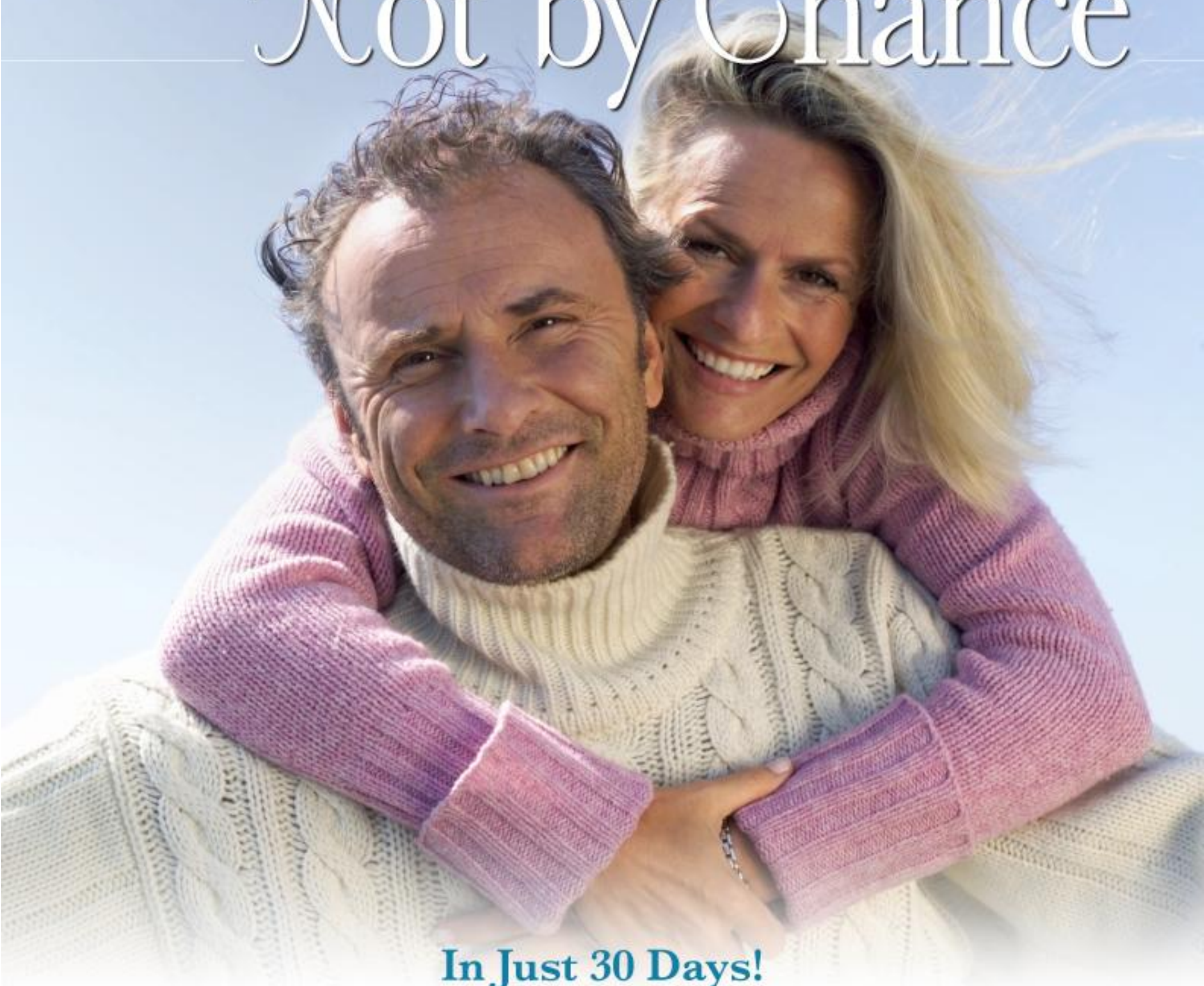


A C H A N G E O F H E A R T

Healthy by Choice Not by Chance



In Just 30 Days!

- Eat More & Lose Weight
- Disarm Diabetes
- Decrease Heart Attack Risk
- Lower Cholesterol 15-20%
- Lower Blood Pressure
- Reduce Cancer Risk

Centerville CHIP

Mon - Thu 6:30 - 8:30 pm

Four Consecutive Weeks
(16 sessions)

Jan 30 - Feb 22

HealthScreen #1 Jan 27

HealthScreen #2 Feb 24

Breakfast provided

Fellowship Hall
Centerville SDA Church
777 Paradise St, Centerville

000-777-1234

www.chiphealth.com



Choose a FREE 1-hr Information Session

at any of these locations
offered at 7:00 pm

- Apr 3** Centerville High School
- Apr 4** Centerville Senior Center
- Apr 5** Centerville Library
- Apr 5** Church Fellowship Hall

Coronary Health Improvement Project