

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
- Alleviate Depression

Ocala **CHIP**

Sun-Wed 6:45 - 8:45 pm
Four Consecutive Weeks
(16 sessions)

September 2 - 26

HealthScreen #1 Aug 23rd
HealthScreen #2 Sep 27th

Breakfast provided

Agape Center
Silver Spring Shores
1545 Pine Road, Ocala 34472

(352) 687-2843

www.chiphealth.com



Choose a **FREE** 1-hr Information Session

at the Silver Spring Shores location

July 30 7:00 pm at the Agape Center
1545 Pine Road, Ocala

Aug 6 7:00 pm at the Agape Center
1545 Pine Road, Ocala

Aug 9 7:00 pm at the Agape Center
1545 Pine Road, Ocala

Coronary Health Improvement Project