



Turn *health* Around

TURN
YOUR
HEALTH
AROUND

BE YOUR OWN

BEST MEDICINE

Many health and weight-loss programs provide information in the hope that you change your habits. CHIP is different.

CHIP will help you make long-lasting lifestyle changes by addressing the causes of chronic disease and teaching you to use your own lifestyle as your best medicine.

CHIP is one of the most scientifically validated lifestyle medicine programs in the world with **PROVEN RESULTS** in improving:

**Blood pressure. Cholesterol.
Triglycerides. Fasting blood
sugar. BMI. Resilience.
Sleep. Depression.**

Merrill, R. M. and S. G. Aldana (2009). Am J Health Behav 33(2): 135-146.
Thieszen, C. L., R. M. Merrill, et al. (2011). Psychol Rep 109(1): 338-352.



LIFESTYLE
MEDICINE
INSTITUTE

What is it?

- A Lifestyle Medicine Education Program.
- Focused on whole-person health.
- Facilitated over 18 Sessions (12 weeks) in a group environment with dynamic group discussions and peer support.
- Integrates optimal nutrition, exercise and behavioral psychology principles and tools.

When does CHIP start next?

Where?

How can I find out more?

Call:

For more information or to register

Visit:

To see testimonial videos, excerpts of the course material and more information about the program