



Step 1: FREE Information Session

- Learn more about the program
- Register to attend **CHIP**
- Schedule your comprehensive HealthScreen

Locations

Sunday, February 28, 7:00pm

Market Street - Culinary School Room
6100 W. Eldorado Pkwy (NE corner at Ridge Rd)
McKinney, TX 75070

Monday, March 1, 7:00pm

Allen Public Library, Meeting Room
300 N. Allen Dr., Allen, TX 75013

Tuesday, March 2, 7:00pm

Mosaic Christian Fellowship
571 Lakeridge Dr., Fairview, TX, 75069



Step 2: HealthScreen 1

Thursday, March 4, between 6:30 - 8:00am

- Fasting lipid profile and blood sugar
- Blood pressure, height and weight readings
- Lifestyle assessment and review of medications
- Heart-Healthy Breakfast served



Step 3: Classes

Sun, March 21 to Mon, April 19, 7:00 - 9:00pm

- Compelling video series by Dr. Hans Diehl
- Fun live interaction, shopping and cooking tips
- Heart-Healthy recipe demonstrations with samples



Step 4: HealthScreen 2

Wednesday, April 21, between 6:30 - 8:00am

Measures the changes in lifestyle, clinical outcomes and medications. Heart-healthy breakfast served.



Step 5: Graduation

Wednesday, April 28, 7:00pm

A celebration of progress with a special meal, diploma, graduation gifts, awards. HealthScreens compared.

Seminar Fees

\$280/person or \$360/couple

Class Schedule and Topics



Week 1

Sun, Mar 21 Modern Medicine

The limitations of high-tech medical approaches in dealing with lifestyle related diseases

Mon, Mar 22 Portrait of a Killer: Onslaught from Within

Atherosclerosis, the culprit, in many lifestyle diseases

Wed, Mar 24 Stalking the Killer

The risk factors for coronary heart disease

Sat, Mar 27 Eat More and Weigh Less

Basic guidelines for healthy, sustained weight loss

Week 2

Sun, Mar 28 The Magic of Fiber & Going Up in Smoke

*The role of fiber in preventing and reversing lifestyle diseases
Smoking—the most controllable risk factor for heart disease*

Mon, Mar 29 Reversing Hypertension & Disarming Diabetes

*Changing the major risk factors for high blood pressure
Lifestyle factors that can arrest or reverse diabetes*

Wed, Mar 31 Effective Cholesterol Control

Dietary factors that prominently affect blood levels of cholesterol

Sat, Apr 3 Fats in the Fire

The role of excessive fat intake in lifestyle diseases

Week 3

Sun, Apr 4 Fit at Any Age

Benefits of regular exercise in preventing & arresting disease

Mon, Apr 5 Boning Up on Osteoporosis

Causes and prevention of this so-called 'disease of aging'

Wed, Apr 7 Lifestyle and Health

Clinical studies that show how lifestyle choices relate to health

Week 4

Sun, Apr 11 Reversing Disease with Fork & Knife

Positive dietary guidelines for the prevention and reversal of Western diseases

Mon, Apr 12 Diet and Cancer

Dietary factors in development & prevention of common cancers

Wed, Apr 14 Atherosclerosis of the Mind

Importance of adaptability in achieving & maintaining good health

Week 5

Sun, Apr 18 The Gift of Forgiveness

A spirit of forgiveness enhances emotional and overall health

Mon, Apr 19 Building Self-Worth

Development, preservation, & importance of self-worth