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Personalized Counseling, Comprehensive Seminars Can Help You Address Common Health Problems

KETTERING – Some of America’s most pressing health problems are high blood pressure, diabetes, cholesterol control, heart disease and obesity. Now you can have the tools to address them all, thanks to a comprehensive evening course from Kettering Health Network’s Faith Community Nursing and Health Ministry.

The Coronary Health Improvement Project (CHIP) begins Sept. 28 with a baseline Heart Screening at the Kettering Seventh-day Adventist Church. Then participants enjoy a series of eight 90-minute lecture and support sessions. Progress is established at a second Heart Screening on Nov. 2, followed by a graduation ceremony and dinner on Nov. 5.

Hans Diehl, Director of the Lifestyle Medicine Institute, will present the compelling lecture series that can help you change your lifestyle for the better. You will receive the two screenings which include LDL, HDL, triglycerides and fasting blood sugar tests. Other benefits include two lifestyle evaluations, personalized counseling, a Health Power textbook, the Optimal Diet Cookbook, food demonstrations and samples, exercise and nutrition workshops, and monthly alumni support meetings.

Cost for the seminar is \$150 per person or \$225 per married couple. For information or registration, call (937) 395-8021 or visit www.CHIPhealth.com.