

Spring is coming and Jordan Crossing is excited to announce **CHIP**

March 28, 2016 – April 28, 2016

The Complete Health Improvement Program (CHIP) - formerly Coronary Health Improvement Project - is an affordable, lifestyle enrichment program designed to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications. The goal is to lower blood cholesterol, hypertension, and blood sugar levels and reduce excess weight. This is done by improving dietary choices, enhancing daily exercise, increasing support systems and decreasing stress, thus aiding in preventing and reversing disease.



**CHIP taking place at :**  
2183 Grand Avenue  
West Des Moines, IA 50265

**Registration is now Open –**

Deadline March 27<sup>th</sup>

To register and for program details, visit:

<http://www.chiphealth.com/ProgramDetails/?ProgramID=1240>

**Instructor – Karen McCarthy**

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