

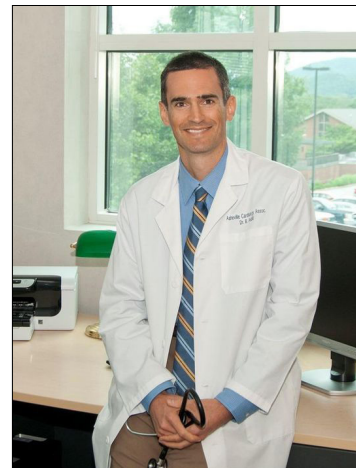


Provided by



*"Patients deserve the very best health advice and I am certain, after having reviewed this data over the past few years, that lifestyle medicine (better nutrition, more exercise and stress management advice) is what we should be routinely discussing with patients who suffer from chronic diseases such as obesity, diabetes, hypertension, dyslipidemia, and cardiovascular disease.*

*I have witnessed the very powerful impact that CHIP has had on many of my patients and friends and some of my colleagues!"*



Brian Asbill, MD  
Asheville Cardiology Associates

**Tuesday, March 26, 2019  
to  
Thursday, May 30, 2019**

## What is CHIP?

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.

## Why does CHIP exist?

CHIP is based on the fact that 75% or more of our Western diseases are "lifestyle-related," according to the U.S. Surgeon General. These diseases are connected to our processed diet; lack of exercise; overuse of cigarettes, alcohol, and caffeine; increased levels of stress; and the quality of our support systems. These diseases include:

Heart Disease	Constipation
Stroke	Heartburn
Hypertension	Arthritis
Diabetes	Impotence
Overweight	Depression/Anxiety
Certain adult cancers	Fatigue
Diverticular disease	

## What is a CHIP program like?

Before the educational program begins, a comprehensive health screen is conducted to establish risk factor levels for each participant. The educational program is presented as 18 video lectures and 18 one-hour class discussions each Tuesday and Thursday from 6:00-7:00pm. The sessions are listed in the table below.

Health screen results are provided to each participant early in the program, and participants are encouraged to share their results and work closely with their personal physician regarding their need for medication as they modify their lifestyle. Midway and immediately following the program, the health screen is conducted again, and a detailed report is prepared for each participant that compares their risk factor levels before and after going through the program. Reports and course completion certificates are presented at the end of the program.

## Who presents CHIP video programs?

**Hans Diehl, DrHSc, MPH, FACN**, program founder and Clinical Professor of Preventative Medicine at Loma Linda University, using his years of experience in the area of lifestyle medicine and charismatic presentation style to guide participants through the fascinating research surrounding dietary and lifestyle choices and our health.

**Darren Morton, PhD**, author and Senior Lecturer at Avondale College of Higher Education using his years of teaching experience and contagious passion and energy to empower participants with practical ways to make and maintain positive change.

**Andrea Avery, MD**, Internal Medicine Physician and Professor of Medicine at University of California, Irvine, using her warm personality and experienced bedside manner to encourage participants and provide them with valuable information on how lifestyle medicine and conventional medicine can work together, guiding participants on how to work with their physicians to take charge of their health

## Who leads the discussions?

In Asheville, CHIP 12 will be led by Brian Asbill, MD of Asheville Cardiology Associates; Grace Boyle, RN; Laura Bradshaw, RN; and Charley Messenger, PA of Mission Health.

## Where are the discussions?

MAHEC Mary C. Nesbitt Biltmore Campus  
121 Hendersonville Rd., Asheville

**From I-40 E:** Take Exit 50 and turn left onto Hendersonville Road.

**From I-40 W:** Take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26): Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

### Note about the first session:

The first CHIP session, March 26th, will start at 5:00 pm to allow for an orientation by Dr. Asbill. End time will be 7:00 pm.

## Program Schedule

<b>Class 1:</b> The Rise and Rise of Chronic Disease	Tuesday, March 26	5:00 - 7:00 pm
<b>Class 2:</b> Lifestyle is the Best Medicine	Thursday, March 28	6:00 - 7:00 pm
<b>Class 3:</b> The Common Denominator of Chronic Disease	Tuesday, April 2	6:00 - 7:00 pm
<b>Class 4:</b> Optimal Lifestyle	Thursday, April 4	6:00 - 7:00 pm
<b>Class 5:</b> Eat More, Weigh Less	Tuesday, April 9	6:00 - 7:00 pm
<b>Class 6:</b> Fiber, Your New Best Friend	Thursday, April 11	6:00 - 7:00 pm
<b>Class 7:</b> Disarming Diabetes	Tuesday, April 16	6:00 - 7:00 pm
<b>Class 8:</b> The Heart of the Matter—Heart Healthy	Thursday, April 18	6:00 - 7:00 pm
<b>Class 9:</b> Controlling Blood Pressure and Discovering Protein	Tuesday, April 23	6:00 - 7:00 pm
<b>Class 10:</b> Bone Health Essentials	Thursday, April 25	6:00 - 7:00 pm
<b>Class 11:</b> Cancer Prevention	Tuesday, April 30	6:00 - 7:00 pm
<b>Class 12:</b> Understanding Your Results and Taking Action	Thursday, May 2	6:00 - 7:00 pm
<b>Class 13:</b> Become What You Believe and Your DNA is Not Your Destiny	Tuesday, May 7	6:00 - 7:00 pm
<b>Class 14:</b> Practicing Forgiveness	Thursday, May 9	6:00 - 7:00 pm
<b>Class 15:</b> Re-engineering Your Environment	Tuesday, May 14	6:00 - 7:00 pm
<b>Class 16:</b> Stress-relieving Strategies	Thursday, May 16	6:00 - 7:00 pm
<b>Class 17:</b> Fix How You Feel	Tuesday, May 21	6:00 - 7:00 pm
<b>Class 18:</b> From Surviving to Thriving	Thursday, May 23	6:00 - 7:00 pm
<b>Graduation:</b> Commencement Ceremony	Thursday, May 30	6:00 - 7:00 pm

## Meet Grant.



Grant entered the CHIP program overweight, unhealthy and unenthusiastic. He came out a changed man.

This is his story.

"I struggled with weight and health issues for most of my adult life. For at least 20 years, I have been under treatment for sleep apnea, GERD, hypertension, and high cholesterol. The excess weight contributed to back, knee, and hip problems.

**I went into the CHIP program skeptical and with great reluctance.** Had my wife not signed me up, I never would have participated. I was relieved that CHIP backed up their program with research and I found CHIP to be very supportive and respectful in allowing participants to chart their own personal path.

On entering the program, I was 75 pounds overweight. **One month into CHIP, I lost 20 pounds and a blood test at the midway point confirmed dramatic improvements in several health measurements.** I achieved this through adopting a whole foods diet and walking 10,000 steps a day. The CHIP program included cooking demonstrations with delicious samples, instructions on reading food labels, as well as incredible support.

*"I have lost 55 pounds and am 20 pounds away from my goal weight. With my doctor's approval, I have stopped taking all prescription medication."*

It has now been eight months since I enrolled in the CHIP program. **I have lost 55 pounds and am 20 pounds away from my goal weight. With my doctor's approval, I have stopped taking all prescription medication.** My primary exercise is walking to and from work, which has added up to nearly 2.5 million steps. I also keep a bike at my work for lunch rides and errands. I surprised myself by signing up for two 5K runs and placed first and second for my age group.

I have personally benefited from the CHIP program beyond my wildest expectations. What I gave up in food and lifestyle choices seems so trivial compared to what has been returned to me in an improved quality of life. We are so fortunate to have a program like this in our community, and I urge anyone seeking a healthier lifestyle to consider this program. **It could save your life!"**



## Credit

### Continuing Medical Education (CME) Credit:

#### Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of the Mountain Area Health Education Center and the Southern Obstetrical and Gynecologic Seminar, Inc. The Mountain Area Health Education Center is accredited by the NCMS to provide continuing medical education for physicians.

#### Credit

MAHEC designates this live activity for a maximum of **18.0 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

#### Disclosure

The Mountain Area Health Education Center adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the activity.

### 18.0 CNE Contact Hours

The Mountain Area Health Education Center's Department of Nursing Education is an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Participants must attend 80% of activities to receive credit. No partial credit is given for this activity. MAHEC adheres to the ANCC/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity.

### Continuing Education Units (CEU):

The Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for 1.8 CEUs as established by the National Task force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

## Have a question?

Please contact the program planner:

Ronnie Metcalf, EdD, RN, ONC

ronnie.metcalf@mahec.net

828-257-4478

## How to Register

The fee for CHIP 12 is \$599 and covers all labs and biometrics, the CHIP kit, all educational sessions, food tastings and demos.

Registration is a two-step process.

- 1) Register with MAHEC for the CHIP program. You can register online at [www.mahec.net](http://www.mahec.net) or complete the form at right and fax, scan and email, or mail it to MAHEC.
- 2) Complete the CHIP online enrollment.

**MAHEC will provide detailed instructions on how to access the CHIP website and enroll there.** You will also complete your Health Risk Assessment (HRA) on the CHIP website as well.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received within two weeks and up to 48 hours prior to the program date will receive a 70% refund. No refunds will be given for cancellations received less than 48 hours prior to the program date. Substitutes are welcome but please notify us in advance of the program. All cancellations must be made in writing (fax, mail, or email).

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

### CHIP 12 via Videoconference

MAHEC has the ability to provide a videoconference of this event to other satellite locations in the MAHEC region. If you are interested in attending CHIP 12 via group videoconference, please contact the coordinator, Lisa James at [lisa.james@mahec.net](mailto:lisa.james@mahec.net).

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

### Have a question?



Special Services:  
828-257-4778

#### CE Planner:

Ronnie Metcalf, EdD, RN, ONC  
[ronnie.metcalf@mahec.net](mailto:ronnie.metcalf@mahec.net)

828-257-4478

#### Registration Information:

828-257-4475

#### Fax Registration:

828-257-4768

#### Online Registration:

[www.mahec.net](http://www.mahec.net)

#### Email:

[registration@mahec.net](mailto:registration@mahec.net)

#### Mail:

MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803

[www.chiphealth.com](http://www.chiphealth.com)



@MAHECEd

**CHIP "12"**  
**March 26 - May 30, 2019**  
**MAHEC REGISTRATION FORM**

Name \_\_\_\_\_

Credentials \_\_\_\_\_

Last 4 digits of Social Security #

Occupation \_\_\_\_\_

E-mail Address \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work County \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

**REGISTRATION FEE:** \$599

**PAYMENT**

Check is enclosed       Credit card information provided  
 Visa    MasterCard    Discover Card    American Express

**ACCOUNT #** \_\_\_\_\_

**EXP** \_\_\_\_ / \_\_\_\_      **SECURITY CODE** \_\_\_\_\_

**NAME ON CARD** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

**Send completed registration form to:**  
MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803

**Fax to:** 828-257-4768