

# IT'S NEVER TOO LATE TO TAKE YOUR LIFE BACK!

**Wednesdays, July 12-November 8, 9:30-11:30am**

Take charge of your health with our intensive lifestyle modification program offered in conjunction with a six month JCC membership\*!  
**\$1390 Member: \$1170**

**Register at [www.roclifemed.com](http://www.roclifemed.com)**



**Rochester  
Lifestyle  
Medicine**

*Empowering you to live a happier, healthier life*



## WHAT IS IT?

CHIP is an intensive lifestyle medicine intervention program which focuses on whole-person health. Participants learn how to cook healthy, plant-based foods, increase physical activity, and manage stress. Over 65,000 people have benefited from CHIP in the last 25 years.

**You can be next!**

## WHAT'S INCLUDED:

- ▶ 18 Weekly two-hour facilitated group meetings
- ▶ Three visits with one of our medical providers (before, during, and after the 18 sessions)
- ▶ Workbook, cookbook, textbook, and pedometer
- ▶ Monthly ClubCHIP
- ▶ Six month JCC membership

\*JCC Membership for CHIP is offered to those who are not current JCC Members.

PLUS, we may be able to bill your insurance for 3 visits with our medical providers, 3 lab draws, and part of each CHIP session. See [www.roclifemed.com](http://www.roclifemed.com) for details.

**Ted D. Barnett, MD**  
Founder & Medical Director



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