

# Join **CHIP** Today!

*Complete Health Improvement Program*  
**CHIP-23**

**12-WEEK, 18-SESSION PROGRAM BEGINS:**  
**Monday, Oct. 3**

**TWO SESSIONS AVAILABLE:**

**Noon-1 p.m. OR 5:30-6:30 p.m.**

LOCATION ==> Multipurpose room/YMCA

**Cost of the class is \$220, which includes:**

Three blood work-ups, class materials, food sampling, a free Columbus YMCA membership for the duration of the class (*if you are not already a current YMCA member*) and so much more!

**To register, please call 402-562-4490 or email [imjarecki@columbushosp.org](mailto:imjarecki@columbushosp.org) by Sept. 23.**

