

CHIP Summit & Training Programme

CHIP Leadership Training

Wednesday, 1 Dec 5:30 pm – Friday, 3 Dec 3:30 pm

Wednesday, 5:30 - Registration

Thursday, 8:15-5:30 pm - Workshop

Friday, 8:15-3:30 pm - Workshop

CHIP Summit

Friday, 3 Dec 5:00 pm – Sunday, 5 Dec 5:00 pm

Friday, Dec 3

5:00 pm Registration

6:30 pm Vespers

7:00 pm CHIP Summit

7.15 pm Hans Diehl – “Daniel’s Diet: Burden or Blessing”

8:15 pm Darren Morton –
“Five Secrets for Feeling Fantastic”

9:00 pm Closing

Sabbath Morning, Dec 4

8:45 am Singing & Welcome – Constantine, Charlotte and Timothy

9:00 am Geoff Youlden –
“How to Postpone Your Own Funeral”

10:00 am Break

10:30 am Singing & announcements, offerings

11:00 am Kevin Price – “To Stand”

12:00 pm Lunch

2:00pm Darren Morton “Why You Do What You Do”

2:45 pm Esther Chang “CHIP Research Down Under”

3:15 pm Testimonies

4:30 pm Closing

6:00 pm Dinner

7:30 pm Musical Concert

Sunday Morning Dec 5

8:15 am Scientific Sessions

8:30 am Hans Diehl – “Reversing Heart Disease with Fork & Knife”

9:30 am Caldwell Esselstyn, Jr. – “Arrest & Reversal: The Preferred Treatment for Coronary Artery Disease”

10:30 am Break

11:00 am Sue Radd “Soy & Breast Cancer: Friend or Foe?”

12:00 am Lunch

1:15 pm Caldwell Esselstyn, Jr. – “Making Yourself Heart Attack Proof”

2:15 pm Ann Esselstyn “Tricks & Strategies for Buying & Eating a Plant-Based Diet”

3:00 pm Afternoon Tea

3:15 pm Sue Radd “Virtual Tour of Soy Foods – What, When & How Much?”

4:15 pm Hans Diehl “Diet, Disease and Ecology”

4:45 pm Closing – Esther Chang

LOCATION AND DIRECTIONS

Collaroy Address:

The Collaroy Centre
Homestead Avenue (P.O. Box 11)
Collaroy Beach NSW 2097 Australia
Telephone: +61 2 9982 9800

By Car: Pittwater Road turn (right if coming from the north, turn left if coming from the south) onto Homestead Ave. At the end of the cul-de-sac, you will see the Collaroy Center Drive way.

Public Transport: Buses every 15 minutes. For bus timetables and information: <http://www.sydneybuses.info/>

City Rail: Catch a train to Wynyard station. From there catch a bus that will drop you 5 minutes from the Collaroy Center. For timetables and information: <http://www.cityrail.info/>

Transport from the Airport: International or Domestic Airport, catch a Shuttle bus to the Collaroy Center. This service will pick you up from the Airport and drop you directly to our Reception area.

To book a Shuttle, call Collaroy Airport Transfers - +61 2 9984 1420, Northside Shuttle - Contact Julie on +61 2 9939 4599. Please have your flight details and times ready.

FOR FURTHER INFORMATION

Check the CHIP website: www.chiphealth.org.au
or contact Jean Ward at:

PO Box 19, Mapleton QLD 4560
Ph: 07 5478 6640
Email, chiphealth@gmail.com

The CHIP program addresses the current health care crisis with scientifically sound, cost-effective measures proven over the last 20 years! The clinical results of this 30-day community-based program have been published in 17 peer-reviewed medical journals.

Bi-Annual CHIP Summit 2010 Sydney



Coronary Health Improvement Project

CHIP Summit Enrollment Form

Training Package:

December 1-3, Wednesday 5:00 pm - Friday 3:30 pm

Early Bird* — before July 25 = \$250

Standard* — after July 25 = \$300

(*includes workbook, folder & 6 meals) \$ _____

CHIP Manual: \$85 \$ _____

Summit Package:

December 3-5, Friday 5:30 pm - Sunday 5:00 pm

Early Bird* — before Nov. 15 = \$360

Standard* — after Nov. 15 = \$410

(*includes 6 meals) \$ _____

On Site Accommodations: Linen Provided

MUST book by 24 JULY 2010. Rooms subject to availability.

CHECK IN: 5:00 pm. CHECK out 10:00 am

Cancellations until Oct. 15. After Oct.15, 50% refund.

CABINS: (4 bunks) 8 persons/room — 2 nights \$100

HOTEL ROOMS: single — 2 nights \$170

HOTEL ROOMS: twin share — 2 nights \$260

CABINS: (4 bunks) 8 persons/room — 4 nights \$200

HOTEL ROOMS: single — 4 nights \$340

HOTEL ROOMS: twin share — 4 nights \$520

\$ _____

TOTAL PAYMENT \$ _____

PAY BY CREDIT CARD, CHEQUE OR MONEY ORDER —

Payable to Lifestyle Medicine Institute (Australia) Inc.

CREDIT CARD DETAILS: VISA/MasterCard only

NAME: _____

CARD NUMBER: _____

EXPIRY: ____ / ____

SIGNATURE: _____

Post to: Lifestyle Medicine Institute (Australia) Inc.
PO Box 19, Mapleton QLD 4560

KEYNOTE SPEAKERS



Hans Diehl, DrHSc, MPH

Founder of the "Coronary Health Improvement Project" (CHIP) and Director of the Lifestyle Medicine Institute, Loma Linda, CA. Best-selling author.



Caldwell Esselstyn, Jr, MD, FACS

Preventative Medicine Consultant, Cleveland Clinic, Cleveland OH, author of "Prevent and Reverse Heart Disease."



Darren Morton, MS, PhD

Human Physiologist; Senior Lecturer, Avondale College, Australia, author of "Seven Secrets of Feeling Fantastic."



Sue Radd, APD

Practicing Dietician; founding director of the "Nutrition & Wellbeing Clinic" author of "The Breakfast Book."



Geoffrey Youlden, BA

Union Evangelist, Australian Union Conference, TV host of "Focus on Living."



Ann Crile Esselstyn, MEd

Recipe author for Caldwell Esselstyn's book "Prevent and Reverse Heart Disease."



Kevin Price, BA, MA, MPH

Director of Adventist Health Ministries, South Pacific Division, 25 years involvement in community and corporate health promotion.



Dena Guthrie, MS, RN

Nurse Practitioner; former Assistant Professor of Nursing, secretary and workshop instructor for the Adventist CHIP Association of America, author of CHIP Manuals and supporting materials.



Esther Chang, RN, MEd, Admin PhD

President of the Lifestyle Medicine Institute (Australia); Professor and Research Director, University of Western Sydney, Australia; co-author, "Chronic Illness and Disability."



Jean Ward, RNC, BA

Lifestyle Medicine Institute Australia Secretary; CHIP Co-ordinator; author of "Recipes for Healthy Eating."