



Home Health Education Service Alumni  
Active Membership Application 2008-2009

Date: \_\_\_\_\_  New  Renewal

Name \_\_\_\_\_

Spouse's Name if joining as a couple \_\_\_\_\_

Address \_\_\_\_\_

City, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Email \_\_\_\_\_

Email 2 \_\_\_\_\_

Occupation \_\_\_\_\_

*If retired, indicate previous type of work* \_\_\_\_\_

CHIP Class Attended

Date: \_\_\_\_\_  Live  DVD

Annual Dues (June 1 2008 – May 31 2009)	Dues
<input type="checkbox"/> Single Membership	\$40.00
<input type="checkbox"/> Couple Membership	\$50.00
<input type="checkbox"/> Associate Membership	\$55.00
<input type="checkbox"/> Business Membership	\$150.00

Dues Total: \_\_\_\_\_

Newsletters are sent by email unless you do not have an email address. Please check the box if you **do not** wish to receive these communications.

I would like to volunteer to help out in the following areas:

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> Special Events | <input type="checkbox"/> Program     |
| <input type="checkbox"/> Marketing      | <input type="checkbox"/> Dine Around |

Home Health Education Service  
PO Box 2081  
Concord NC 28026  
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Email: [chip@passporthealthyliving.com](mailto:chip@passporthealthyliving.com)  
Web: [www.passporthealthyliving.com](http://www.passporthealthyliving.com)

Detach and return with remittance

## Basic CHIP Guidelines for a lifetime of Good Eating

### EAT LESS:

- ♥ Visible Fats and Oils
- ♥ Sugar
- ♥ Foods Containing Cholesterol
- ♥ Salt
- ♥ Alcohol and Caffeinated Beverages

### EAT MORE:

- ♥ Whole Grains
- ♥ Tubers and Legumes
- ♥ Fruits and Vegetables
- ♥ Water

*Eat a wide variety of "foods as grown," simply prepared with sparing use of fats and oils, sugars and salts. Use refined products and animal products sparingly.*



## Alumni

*Membership is your  
Key to success!*

- ♥ *Get a new start!*
- ♥ *Develop realistic goals!*
- ♥ *Live the CHIP lifestyle*
- ♥ *Get Support from CHIPers!*
- ♥ *Receive CHIP CHAT at home*
- ♥ *HAVE FUN!!!*

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## Home Health Education Service Alumni



## Alumni

### Goals

- ♥ To **provide educational support and events** that sustain and encourage graduates of the CHIP program.
- ♥ To encourage its members to take an **increased responsibility for personal health care decisions** that will reduce risks for lifestyle related diseases.
- ♥ To **inspire a transformation of the community** into one that supports and encourages healthy lifestyle choices at home, workplace, schools & church.

### CHIP Alumni Receive

- ♥ CHIP CHAT either mailed to your home or sent via email (6 Issues)
- ♥ Email Updates
- ♥ Preferred pricing for Alumni Events
- ♥ Drastically reduced price for a CHIP Class Review
- ♥ Continuous development of new and interesting classes to develop new skills that expand our healthy lifestyle choices
- ♥ An opportunity to make a difference

### Who We Are

*The Home Health Education Service CHIP Alumni, are a group of people committed to making healthy lifestyle choices.*

*We believe in taking responsibility for the personal health care decisions that we make that will reduce risks for lifestyle related diseases.*

*By supporting one another we can achieve our goals and inspire those around us to support and participate in making our communities healthier places to live.*



*Healthy by Choice, Not by Chance!*



*Reversing disease with fork and knife*