

Join **CHIP** Today!

Complete Health Improvement Program
CHIP-21

12-WEEK, 18-SESSION PROGRAM BEGINS:

Tuesday, Jan. 4, 2022

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:

3 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 by Dec. 20, 2021.**

