

A Valentines Gift of health, through the CHIP program



The Richmond SDA church launched its 2nd annual CHIP program on February, 14, 2005. For the participants and volunteers attending this years program, there wouldn't have been a better valentines gift than that of better health. This years graduating class of 22 experienced astonishing results in reduced blood pressure, cholesterol, and sugar levels in just 30 days. As one participant put it, "I can't believe how informative and tasty this program has been". This group walked an incredible 2795.5 km and for some the added weight loss was a bonus without having to starve themselves. With this years enthusiastic team of volunteers and our commander and chief Brankica Sremec, who worked double time to create and demonstrate how easy it can be to get back to God's original diet. The response to this program has been overwhelming, for the volunteers its been a blessing to help people help themselves achieve not only physical but mental and spiritual growth through the CHIP program. Already we have people wanting to know when the next class will be scheduled and for Brankica this can only come sooner than later.