



CHIP is designed to reduce disease risk factors by educating, motivating, and empowering its participants to choose evidence-based health habits and achieve long-term lifestyle changes. The nine-week program will meet virtually twice a week! Are you ready to change your lifestyle?



To begin your CHIP journey this December, or for more information, please email karen.cespedes@jhsmiami.org

Six pillars of CHIP



Activity



Nutrition



Sleep



Risky Substances



Social
Connection



Stress
Management