

PART OF THE 20TH YEAR HISTORY

# Chancellor's Lecture Series



**Battelle**  
The Business of Innovation

## Diabetes Education Seminar

**7 p.m. Friday, September 11**

Consolidated Information Center, Room 216

- Learn how you can be less insulin resistant
- Reduce dependency on medication
- Reverse or avoid negative health effects associated with diabetes
- Lose weight and feel better

**Who can benefit from this free seminar?** Adults and children who are diabetic (Type I and Type II) or pre-diabetic and their family and friends.

Learn how simple, deliberate lifestyle choices can make all the difference in your health. Dr. Hans Diehl is director of the Lifestyle Medicine Institute of Loma Linda, Calif. His pioneering efforts with Nathan Pritikin and Dr. Denis Burkitt have shown conclusively that many of today's diseases are truly reversible through some simple lifestyle changes. As a best-selling author and researcher, he has lectured to corporations and governments and has presented seminars on four continents. Dr. Diehl developed the Coronary Health Improvement Project (CHIP), a research-based education program that focuses on lifestyle changes to facilitate disease reversal by lowering blood cholesterol, triglyceride and blood sugar levels.

Results from 50,000 CHIP participants show that adopting these principles:

- Reverses and normalizes diabetes
- Reduces stroke risk
- Normalizes blood pressure
- Lowers cholesterol 10-20%
- Decreases the risk of osteoporosis
- Improves digestion
- Lessens depression
- Lowers weight
- Enhances the overall quality of life



**FREE and open to the public.**  
For more information, call 372-7264  
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