Andrews University Passion Play organizers Announce Schedule Change

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**Hinsdale CHIP celebrates fifth graduation**

Illinois—Nov. 4, 2012, marked Hinsdale’s fifth CHIP (Complete Health Improvement Program) graduation. In the Fall 2012 program, there were 11 new participants and four alumni repeaters. To date, there are 47 graduates, with 40 percent of the participants being new contacts from the community.

According to Debbie Ward, CHIP director, “During our most recent program, everyone lost weight, an average of six pounds lost per person. Everyone walked and increased physical activity. Collectively, the group of 15 participants expended the equivalent of 1,753 miles of physical activity during the program.”

Dan Maletin, a former CHIP graduate and class repeater, cycles often and reported riding 328 miles during the five-week program. He also lost the most weight. Three participants dropped their cholesterol level by 10 to 24 percent. Three people dropped their LDL cholesterol by 11.8 to 32.7 percent. (High levels of LDL in the blood can put a person at greater risk for heart disease or a heart attack.)

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Triglycerides is another fat found in the bloodstream, and can contribute to hardening and narrowing of the arteries. One individual dropped her level of triglycerides by 60 percent. Blood pressure also dropped for most individuals.

The new, updated CHIP+ program was unveiled at the CHIP Summit in December 2012. The program will be 12 sessions plus four alumni sessions to help support participants in their newly-learned lifestyle changes. Globally, CHIP’s goal is to expand by more than 500 new programs and 11,000 new participants annually. Another CHIP goal is to highlight the Adventist Church as a Center for Health and Hope in the communities served.

The next Hinsdale CHIP program will start in March. If interested in helping or learning more about this program, contact Debbie Ward at 630-403-8095 or email hinsdalechip@gmail.com.

Dorothy Deer, communications leader, Hinsdale Church, as shared by Debbie Ward, RD, LDN, Hinsdale CHIP director

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**Andrews University Passion Play organizers announce schedule change**

Michigan—Now in its tenth year, the 2013 Andrews University Passion Play will be offered two days — Saturday, April 6, and Sunday, April 7. This marks a significant scheduling change, moving the Passion Play from Easter Sunday, March 31, to the first weekend in April.

“While there have been years where Easter weekend fell immediately before or after Spring Break, finals and even graduation, making it very challenging schedule-wise for the hundreds of students, staff and faculty volunteers for Passion Play,” says Japhet De Oliveira, University chaplain and Passion Play producer. “Likewise, Easter weekend plus four alumni sessions to help support participants in their newly-learned lifestyle changes. Globally, CHIP’s goal is to expand by more than 500 new programs and 11,000 new participants annually. Another CHIP goal is to highlight the Adventist Church as a Center for Health and Hope in the communities served.

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**Passion Play**

Passion Play wristband reservations open March 1. Wristbands will be available for pick-up at the first scene and can be reserved online for free at http://www.andrews.edu/passionplay. Reservations are required.

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