

T.H.I.P.

# TOTAL HEALTH IMPROVEMENT PROGRAM

## Improve Your Health By Changing Your Lifestyle

*12-week course*

UC-VEG is honored to be partnering with Dr. Charlie Ross in the continuation of his brilliant series. Two THIPs will run simultaneously on:

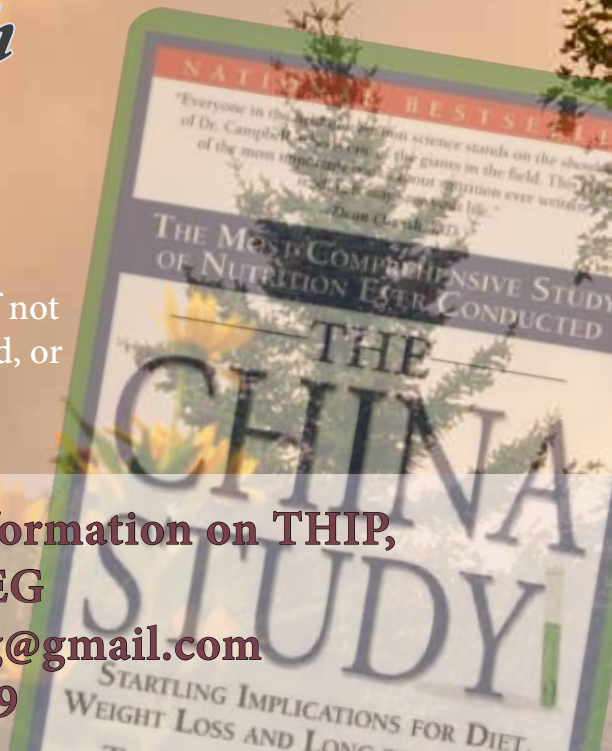
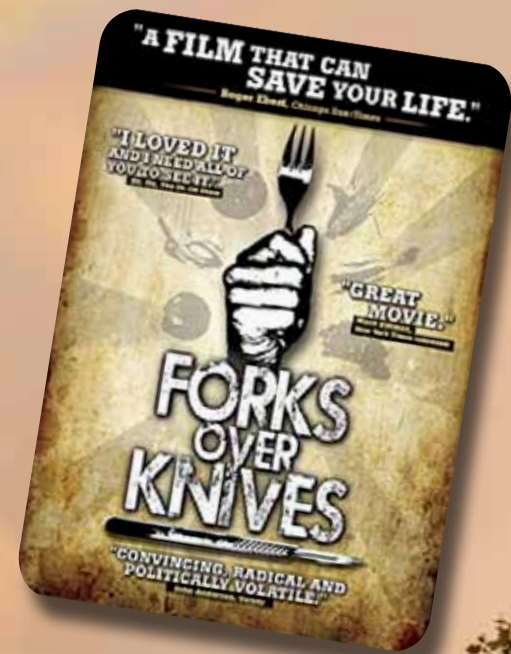
**Wednesdays, 2 to 4PM**  
beginning Nov 30th

**Thursdays, 5:30 to 7:30PM**  
beginning Dec 1st

Taking place at the:  
**Better Living Center**  
1109 NW Garden Valley

*Classes will kick-off with  
Free Movie Screening of:*  
**“Forks Over Knives”**

Forks Over Knives, examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed by embracing a plant-based diet.



If you'd like to register or get more information on THIP,  
please contact UC-VEG

Email: [UmpquaCommunityVeg@gmail.com](mailto:UmpquaCommunityVeg@gmail.com)

Phone: 541-378-6359