

INLAND HILLS CHURCH

14670 Ramona Ave.
Chino, CA 91710
909.393.1577
inlandhillschurch.com

SPANISH MINISTRY

Spanish Services

At our Spanish service, you will experience great music and a message that's relevant to your life. We also provide fun and safe classes for your children and youth where they can enjoy learning about God and His love for them.

Spanish services are held on Sundays at 11:30am in the Ministry Center, Room 103. For questions or additional information, contact Pastor Claudio Dias at claudio@inlandhillschurch.com.

Spanish Small Groups

We encourage everyone to get connected in a small group to experience genuine relationships and to grow in their relationship with God and His Word. There are groups for women, men and married couples. Visit inlandhillschurch.com for more information on these groups.

Women's Groups

Monday
9am Weekly in Chino Hills

Thursday
7pm Weekly at Inland Hills Church

Men's Group

Thursday
7pm Weekly at Inland Hills Church

MarriedLIFE Group
Saturday
6pm Every Other Week in Chino Hills

Other Care Ministry Groups Available

DivorceCare – A ministry helping those with the pain that divorce can cause.
GriefShare – A ministry for those grieving the death of a loved one.
Real+Solutions – Here to help you find freedom from hurts, hang-ups and habits.



**Monte Vista Park
Medical Clinic**
Located at:
13152 Monte Vista Ave.
Chino, CA 909.590.7093

HEALTH SCREENING & EDUCATION RECORD

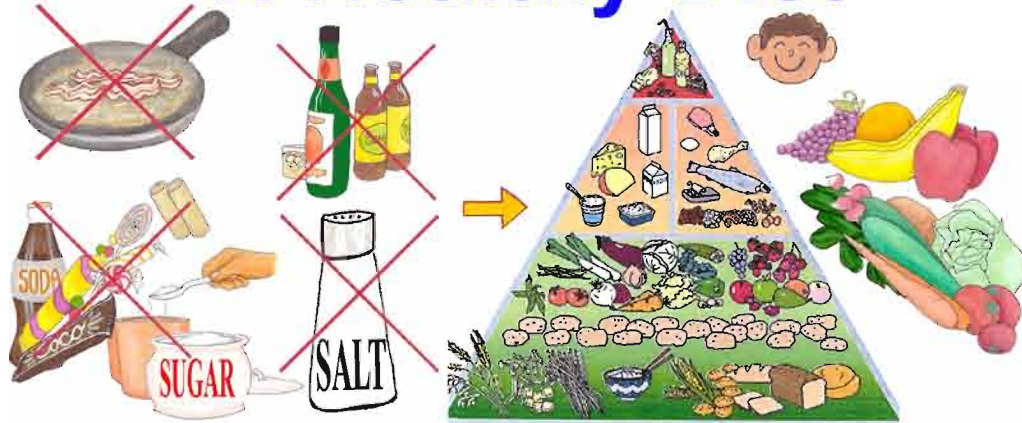


The World Health Organization
Reports that
80% of Premature Heart Disease
(#1 Killer)
80% of Stroke (#3 Killer)
80% of Diabetes (#6 Killer)
40% of Cancer (#2 Killer)
and **NUMEROUS** other conditions
can be prevented by
YOU
doing just **3** things...
(Much more important than all
of our hospitals & clinics, doctors & nurses,
and drugs & surgeries combined.)

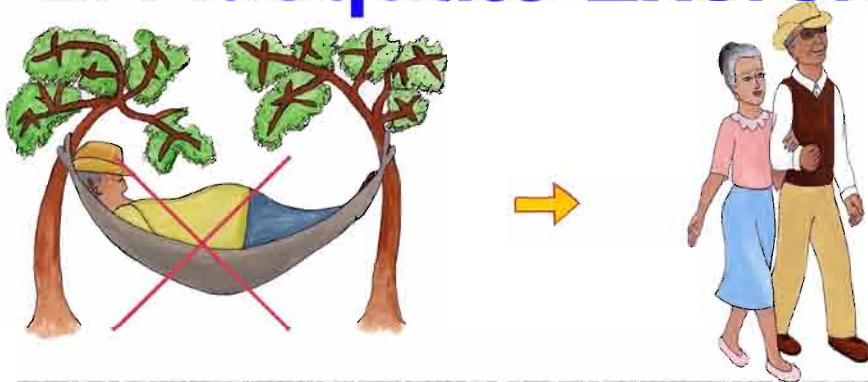
THE 3 THINGS

HEALTH SCREENING RECORD

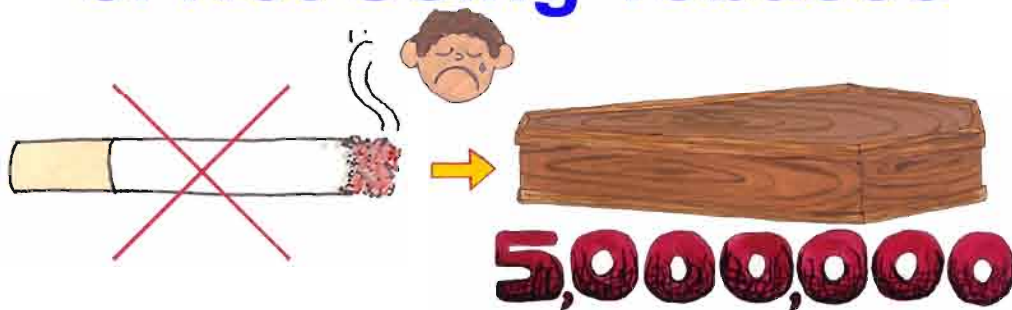
1. Healthy Diet



2. Adequate Exercise



3. Not Using Tobacco



NAME: _____
Surname/Nom/Apellidos (Last) Given names/Prenoms/Nombres(First) (Middle)

Age: _____ Date: _____ Registration Number: _____

1. Do you have any of the following symptoms: Increased thirst, Increased urination, Unexplained weight loss, Sores that do not heal? Yes___ No___
2. Do you get less than 30 minutes exercise per day? Yes___ No___
3. Do You Use Tobacco? Yes___ No___
4. I Request the Following Free Services: Yes___ No___

A. HEIGHT & WEIGHT for BODY MASS INDEX(BMI): The higher your BMI, the higher your risk for diseases such as **heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, osteoarthritis, and certain cancers.** These BMI related diseases have now increased to epidemic levels. For example, nearly **10%** of adults world-wide now have **diabetes.**

Underweight = Less than **18.5** BMI

Normal weight = **18.5–24.9** BMI

Overweight = **25–29.9** BMI

Obesity = **30** or greater BMI

Height Inches: _____ or Centimeters: _____

Weight Pounds: _____ or Kilograms: _____

BMI: _____

B. BLOOD PRESSURE & PULSE: (Should always be confirmed by follow-up with your own doctor: **Green=Normal/ Yellow=Pre-hypertension/ Red=Hypertension.** Blood pressure in the **hypertension** range should be evaluated by your own doctor as soon as possible.)

Systolic: _____ (Less than **120/ 120-139/140** or greater)

Diastolic: _____ (Less than **80/ 80-89/90** or greater)

Pulse: _____ (**60-100**)(Less than 60 may be normal for athletes)

Although "The 3 Things" are very simple, they are not always easy to accomplish. For additional evidence-based health education and holistic (mind, body & spirit) health services & support please see the next page.