

# 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](mailto: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](http://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

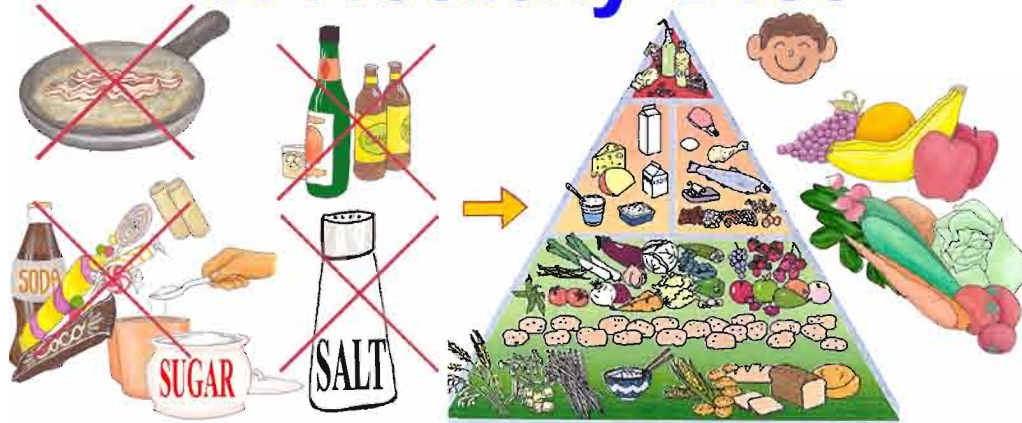


The World Health Organization  
Reports that  
**80%** of Premature Heart Disease  
(#1 Killer)  
**80%** of Stroke (#3 Killer)  
**80%** of Diabetes (#6 Killer)  
**40%** of Cancer (#2 Killer)  
and **NUMEROUS** other conditions  
can be prevented by  
**YOU**  
doing just **3** things...  
(Much more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

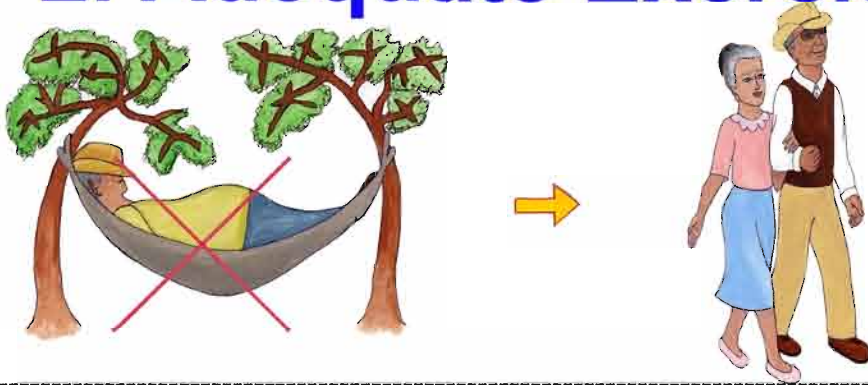
# THE 3 THINGS

# 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.