

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 following:

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
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.)