



Hernando Parks & Recreation

H.E.A.L

Healthy Eating Active Living

Classes begin April 5th, 2010

10 weekly sessions at 6:00pm

Cost is \$50 per family

Deadline for applications is April 2nd, 2010

Name: _____ Age: _____

Address: _____

Email: _____

Phone Number: _____

Number of Family members attending: _____

Choose one night to participate: Monday Thursday

How will this program benefit me and my family?

1. Education about proper ways to start and continue a healthy lifestyle
2. Easily accessible nutritional facts about foods such as portion sizes and calories of fast foods
3. Healthy meals recipe book
4. Group encouragement and positive accountability
5. Professional and Certified fitness leader
6. Healthy tool kit to help you stay the course during the week
7. Weekly workouts to help you burn calories and tips on how to get the most out of your workouts

Participation Release

In entering this program I/we hereby release The City of Hernando, session staff and or any volunteers from any and all accidents or losses while participating in or traveling to this program.

Signature: _____ Date _____

Forms and payment made to: Hernando Parks, 2601 Elm St., Hernando, MS 38632 429-2688