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Promoting healthier lives with extraordinary care one person at a time!



Welcome!

Company/Group: \_\_\_\_\_

### Healthy Lifestyle Secrets ~ The Grocery Store and Labels

This class will guide shoppers through the various sections of the grocery store, discussing tips specific to that section along the way. Shoppers will work alongside the nutrition expert on specific activities designed to meet the pre-determined goal of that class. This class will last for 1½-2hours. Come for the fun! Walk away with skills for a lifetime of smart shopping. Do you know how to read a label or are you guessing?

CLASS DATE: \_\_\_\_\_ CLASS LOCATION: \_\_\_\_\_

CLASS TIME: \_\_\_\_\_

Cost: \$15 per person or per married couple

Pre-registration and pre-payment is required before the class. To register, submit the following information by:

E-mail: admin@healthylifestylesecrets.com ~ FAX: 817-367-7775 ~ MAIL: 8900 White Settlement Rd., Fort Worth, Texas 76108

Name (Please Print): \_\_\_\_\_

Address (No P.O. Box): \_\_\_\_\_ City, State, Zip \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_



### Payment Options

Cash     Visa     MasterCard     Discover     Debit Card

Card Number # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Security Code \_\_\_\_\_  
(3 digit code on back of card)

Billing address if different from above \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_