

# Health Summit Registration Form

Due to the limited space for our practical Mind, Body and Spirit classes we are asking you to register for the practical classes you wish to attend and what time. Please indicate your 1st, 2nd and 3rd choice to attend any give class, please remember, this will be 1st come 1st serve so get your registration form back in early. You can mail or email them to Jodean Pelzman at 728 Los Altos Ave, Long Beach, CA 90804 or [jcp cali1@gmail.com](mailto:jcp cali1@gmail.com)

Name: \_\_\_\_\_ Club: \_\_\_\_\_  
(please print)

Phone: \_\_\_\_\_ email: \_\_\_\_\_

## Meditation

1:00-1:20	1:30-1:50	2:00-2:20	2:30-2:50	3:00-3:20	3:30-3:40

## Chair Yoga

1:00-1:20	1:30-1:50	2:00-2:20	2:30-2:50	3:00-3:20	3:30-3:40

## Chair Massage Therapy

1:00-1:15	1:15-1:30	1:30-1:45
2:00-2:15	2:15-2:30	2:30-2:45
3:00-3:15	3:15-3:30	3:30-3:45

