

One Hour Classes Offered by Village Health Services:

Nutrition & Weight Management; Diabetes Management; Sugar Blues; Injury Prevention/Workplace Ergonomics; Goal Setting & Peak Performance; Fatigue & Insomnia; Managing Chronic Pain; Do I Have a Drinking Problem?; Let's Exercise!

Name of Class: _____

I commit to attending and paying for the one hour class on the topic listed above. I understand that each one hour class is \$25 + the cost of materials. The cost for this class may be shared by my employer. When a minimum of 6 people sign up for the class, it will be scheduled and offered.

Please print **clearly**:

Name	E-mail	Phone
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