

Movin' Seniors

(Previously Silver Sneakers)

Licensed Instructor: LuCinda Fisher

Movin' Seniors is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activities and offering social events. Unlock the door to greater independence and a healthier life with Movin' Seniors!

WHEN: Oct. 16th –Nov. 21st (season may continue after Nov. 21st)

DAYS OF THE WEEK: Tuesday & Thursdays

TIME: 2:00-2:45 p.m.

WHERE: Nevis Bethany Church

FEES: \$36 for full session (Free for Silver & Fit members)

REGISTRATION: REQUIRED!

REGISTRATION FORM *Nevis Community Education* PO Box 138, Nevis, MN 56467 awhite@nevis308.org
Alex White—Nevis Community Education Coordinator 218-652-3500 ext. 108

Name: _____ **Grade:** _____

Program: _____ **FEE:** _____

Guardian: _____

Address: _____

City: _____ **Zip:** _____

Phone: (Day) _____ (Evening) _____

E-mail Address: _____

<p>Method of Payment: Checks payable to Nevis School</p> <p>Check #: _____</p> <p>Cash: _____</p>
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COMPLETE & RETURN WITH PAYMENT TO REGISTER

The following MUST be signed by all class participants age 18 and older, or by a parent or guardian of any participant under the age of 18.

I CERTIFY THAT MY DEPENDENT LISTED ABOVE (Check one)

_____ IS ADEQUATELY INSURED or _____ DOES NOT HAVE INSURANCE, BUT I ASSUME ALL LEGAL RESPONSIBILITY FOR INJURIES/ACCIDENTS

ARISING THERE FROM. **SIGNATURE:** _____ **DATE:** _____