

## Get Fit for the Holidays!



**ZUMBA 4 Sessions for \$10.00 Instructor: Deb Wells**

Wednesdays, 7PM – 8PM Location: St Paul Schools New Gym  
Nov. 16<sup>th</sup> and Nov. 30<sup>th</sup> Dec. 7<sup>th</sup> and Dec. 14<sup>th</sup> (No class Nov. 23<sup>rd</sup>)



**TAI CHI 3 Sessions for \$7.50 Instructor: Michelle Woodgate**

Fridays, 10AM – 11AM Location: City Library Community Room  
Nov. 11<sup>th</sup> Dec. 2<sup>nd</sup> and Dec. 9<sup>th</sup>

**Sponsored by**

**Howard County Medical Center & St. Paul Metabolic Syndrome Institute**

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### REGISTRATION AND CONTACT INFORMATION

Participant Name \_\_\_\_\_ DOB: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

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

EMAIL ADDRESS: \_\_\_\_\_

The above participant acknowledges that they will be participating in activities on their own behalf and hereby release, discharge and agree to hold harmless the Howard County Medical Center, Howard County Medical Center Foundation, it's Board of Directors, officers, employees and agents from any and all claims resulting in personal injury, accidents, illnesses and property loss) . **I would like to register for ZUMBA\_\_ TAI CHI\_\_ . (PLEASE CHECK)**

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Date

**Send or Deliver Completed and Signed Registration and Payment to:  
Cindy Rasmussen, Howard County Medical Center  
1113 Sherman Street, PO Box 406, St. Paul, NE 68873 PH:308-571-0321**

