



# WOMEN'S HEALTH CONFERENCE

Saturday, March 24<sup>th</sup>, 2012

New Beginnings to Transform your Health

Cross Street A.M.E. Zion Church

440 West Street, Middletown, CT 06457

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State/Province: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## HEALTH CONFERENCE INFORMATION

Registration begins at 8:30-9:00 a.m. Breakfast & Networking 9:00a.m.

Breakfast and Lunch: Vegetarian lunch required? Yes  or No  (please check one)

Please list any special dietary needs: \_\_\_\_\_

**Conference Begins at 9:30a.m.**

Zumba Dance Hour:  Be sure to bring comfortable exercise clothes



Workshops and information: **Health, Nutrition, Mental Health, Beauty, Relaxation and Exercise**

## REGISTRATION FEES

\$ 20.00 Advance/\$ 30.00 After Sunday, March 11<sup>th</sup> 2012

TOTAL ENCLOSE\$ \_\_\_\_\_

**PAYMENT METHOD:**  Cash  Money Order  Check Please check appropriate box.

Please make Checks and Money Orders to **Cross Street A.M.E. Zion Church.**

There will be a \$25.00 fee charged for returned checks due to insufficient funds.

**(Please note that no refunds will be given.) Please do not mail cash.**

Please mail registration form and checks to: **2012 Health Conference**

c/o Anita Dempsey

Cross Street A.M.E. Zion Church

440 West Street

Middletown, CT 06457

**Please do not mail cash.**

Any question, please call Anita Dempsey at (860) 759-0930/email: adzumbalady.dempsey@gmail.com or contact the church directly at (860) 344-9527.

Program information: [www.crossstamezion.org](http://www.crossstamezion.org)