

Life Focus Nutrition Centers

Linda Arpino & Associates

REGISTRATION FORM

EAT FIT TO BE FIT™ Program **Helping Overweight Children, Teens and Parents!**

This small group (4 families) class offers an opportunity to learn the skills needed to create healthy life-long eating habits and achieve weight management. It addresses meal planning, food labeling, food preparation, activity level, emotional effects on food intake, boredom and mindless eating. Learn how to create healthy grocery shopping lists and prepare delicious recipes. This program provides support to help you and your child. Refer to our class outline for more information.

WHEN: Saturday Mornings (Check One)

___ Session 1: April 3, 10, 17, 25, May 1 **OR** ___ Session 2: May 8, 15, 22, June 5, 12

TIME:

___ 9:00am Children ages 8-12 **OR** ___ 10:15am

WHERE: 14 Harwood Court, Scarsdale NY 10583

COST: \$295.00 for 5 sessions **No refunds or make up classes**

**With your registration, you will receive Linda Arpino's signed book,
*Eat Fit, Be Fit: Health and Weight Management Solutions!***

Visit www.lifefocusnutrition.com to learn more about us and our center.

Payment required prior to start date

I have enclosed a check for \$295 payable to Linda Arpino & Associates.
DO NOT SEND CASH. No Insurance plans accepted.

Mail check and this form to: LINDA ARPINO & ASSOCIATES, INC.
558 WESTCHESTER AVE.
RYE BROOK, NY 10573

Or fax this form to our secure line (866)293-4500 with credit card info:

Card # _____ Exp date: _____

Parent Name: _____ Home Ph: _____

Child's Name: _____ Date of Birth: _____

Address: _____ Cell Ph: _____

City: _____ ZIP: _____

I understand there are no refunds or make up classes once registered.

Custodial Parent/Guarantor Signature _____ Date _____