

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

# MIND. BODY. YOU.

(Adult/Teens 13+ Form)



Complete as many as you can to win!  
The more you earn, the better your chances!

## MIND

## BODY

## YOU

Mindfulness Monday  
Jan 14, 6:30 pm

Yoga (Mindfulness Monday)  
Jan 28, 6:30 pm

Ayurveda (Mindfulness Mon.)  
Feb 18, 6:30 pm

Worry-Free Weds I  
Mar 6, 1-3pm

Worry-Free Weds II  
Mar 13, 1-3pm

Worry-Free Weds III  
Mar 20, 1-3pm

Worry-Free Weds IV  
Mar 27, 1-3pm

100,000 steps

200,000 steps

Try-It Tues Fitness I  
Feb 5, 6:30 pm

Try-It Tues Fitness II  
Feb 19, 6:30 pm

Try-It Tues Fitness III  
Feb 26, 6:30 pm

Library Step Path  
with Activities

Library Step Path  
7 times=1 mile

E-Health Tech Lab  
Feb 2, 11 am

Bath Salts  
Feb 4, 6:30 pm

Try-It Tues Hobby I  
April 2, 6:30 pm

Try-It Tues Hobby II  
Apr 16, 6:30 pm

Try-It Tues Hobby III  
Apr 23, 6:30 pm

Turn this form in (as complete as you can get it!) to the entry box by April 30, 2019