



Wellness Forum Health

Free Membership Lets You Get to Know Us Better!

Includes:

- Weekly newsletter with articles about health (emailed Monday)
- Weekly video clips packed with information about important health issues (emailed on Tuesday and Thursday)
- Free workshop allowing you to sample excerpts from our programming
- 5 free articles from the Health Briefs Library
- 5 free recipes
- One free appointment to help you develop a plan of action for achieving optimal personal health, learning more about health-related issues that interest you, and/or professional development

**Joining is simple –
just fill out the form below and email to pampopper@msn.com
or fax to 614 841-7703.**

Note: memberships will not be processed unless all information is provided

Name _____

Address _____

City, State, Zip _____

Phone home (____) _____ **cell** (____) _____

Email address _____

How did you find out about Wellness Forum Health? _____

I would like to do the free assessment: _____ **yes** _____ **no**