

**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 Conversations with Pam Q&A Session (via teleconference)
* Free video lecture “The Best Way To Stretch” with Eileen Kopsaftis, PT
* 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**](mailto: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 planning session: \_\_\_\_\_\_\_ yes \_\_\_\_\_\_\_\_\_\_ no**

**Earn a $10 gift certificate which can be applied toward membership just for participating in this planning session!**