

**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 Tuesday through Friday)
* Free video lecture “The Best Way To Stretch” with Eileen Kopsaftis, PT
* 5 free articles from the Health Briefs Library
* 5 free recipes
* One 30-minute orientation and general Q&A session with Wellness Forum founder Pam Popper

**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? ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Note: You will receive an email invitation from Pam Popper to join an orientation and general Q&A session within a few days after you join. You will receive a $10 store credit toward a purchase of $50 or more and a $20 credit which can be applied to membership upgrade just for participating in this session.**