

# Inner Hero



Inspiring heroic acts of self-care everyday ©

Sustainable Change in Eating Habits Workshop  
12:00pm - 7:00pm, Saturday Oct 2, 2010  
The Walter Carsen Centre, 470 Queens Quay West  
(at Spadina - Take TTC Streetcar from Subway or Union Station)

## Registration Form

Please print clearly

Name: \_\_\_\_\_ Address \_\_\_\_\_

Tel: \_\_\_\_\_

\*Email \_\_\_\_\_

\*Your email address is used to send your receipt, and your telephone number is needed to advise you of any scheduling changes. Emails from us will always include the word "Nutrition Course" in the subject line.

How did you find us?  CanFitPro website  Toronto Life Fitness & Wellness Guide  Google  Yahoo!

Someone who took a course with us - Who? \_\_\_\_\_  Other \_\_\_\_\_

Why does this course interest you? (check all that apply)

- I am a CanFitPro certified NWS, PTS or FIS seeking to earn my CECs
- I want to learn how to manage my weight
- I want to learn more about the nutritional value of the foods I eat
- I want to learn to change my behaviour so I can stick to a healthy eating plan

Course Fees We accept money orders, cheques or email money transfers. Sorry, no credit cards unless you register online at: <http://events.constantcontact.com/register/event?oeidk=a07e2z9oums10d23a70>

All fees must be received by Sep 30<sup>th</sup>.

\$154.87 + \$21.13 HST = **\$175.00 Total** HST REG# 86890 1505 RT0001

If you need to cancel for any reason BEFORE SEP 30th, your fees can be transferred at full value to another Inner Hero course. *No fee transfers after Sept 29/10. We cannot provide fee refunds after your registration is confirmed.*

### Waiver & Terms of Service

This course provides information and resources about eating habits, physical activity, behaviour change and goal setting. It is not a substitute for medical advice and you should always talk to your doctor before making any changes to your eating plan or physical activity routine. Your signature below acknowledges your awareness that nutrition, physical activity or wellness plans and their associated activities, will impact your overall health, and that you are voluntarily participating in this course at your own risk and discretion. Your signature also acknowledges you release Inner Hero and its agents from any liability whatsoever arising from your participation in the course. **In order to receive your CanFitPro CECs you must arrive on time and attend the 6.5 hour course in its entirety.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_