

2009 Passport To Heart Health Registration

Name: _____
Address: _____
Email: _____
Phone: _____
Age: _____

Participant Waiver

I know exercise is a potentially hazardous activity. I should not participate unless I am medically able. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the condition of the trail/road, and such risks being known and appreciated by me. Having read this waiver and knowing these facts I, for myself and anyone acting on my behalf, waive and release the event organizers and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE _____ DATE _____

PARENTS SIGNATURE IF UNDER 18 _____ DATE _____

EMERGENCY CONTACT: Name _____ Phone _____

**Our Hearts,
Our Choice**

Return to:
Upper Missouri District Health Unit
110 W Broadway, Suite 101
Williston, ND 58801



2009 Passport to Heart Health Program (A Healthy Heart Will Take You Places)

Complete five of seven weekly activities to be eligible to win prizes, including a Medora Vacation Package. Events are held twice a week to give you a choice.

- ♥ **The Grocery Store tours will be held Thursday, March 19 at 7:00 pm and Saturday, March 21 at 10:00 am. at Albertson's, Economart, and Walmart. Licensed Dietitians will lead the tours.**
- ♥ **Walk 1: March 31, 6:00 pm and April 2, 12:00 noon The Well, Williston State College**
- ♥ **Walk 2: April 7, 6:00 pm and April 9, 12:00 noon Eagle Ridge Wellness Center**
- ♥ **Walk 3: April 14, 6:00pm and April 16, 12:00 noon UMDHU to host downtown stroll**
- ♥ **Walk 4: April 21, 6:00pm and April 23, 12:00 noon Western Star Softball Complex**
- ♥ **Walk 5: April 28, 6:00pm and April 30, 12:00 noon Spring Lake Park**
- ♥ **Blood Draw: April 1, 6 - 10 am McAuley Education Center - Mercy Medical Center
April 2, 6 - 10 am McAuley Education Center - Mercy Medical Center
April 3, 6 - 10 am McAuley Education Center - Mercy Medical Center**

Please call to schedule an appointment for blood draw, cost \$35: 774-7432 (Mon. - Fri. 8 a.m. - 5 p.m.)

Statewide Sponsor



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