

BIRMINGHAM COMMUNITY EDUCATION
A L.E.A.N. Foundation for Parents
with Children ages 3-12



L.E.A.N. WORKSHOP

Friday, April 23, 2010

1:00-3:00 p.m.

at the Midvale Center

2121 Midvale Road, Birmingham, MI 48009

\$25.00/person (Fee includes L.E.A.N. Essentials workbook)

This workshop is taught exclusively

by Certified L.E.A.N. Coach, Deedee Anglum.

Learn how to easily integrate good nutrition to improve your child's immune system, attitude, studying energy, overall health and more! L.E.A.N. is a fun and interactive educational program developed by Dr. Bill Sears and Sean Foy, M.A.

This workshop provides the basic framework to begin moving towards healthier choices and focuses on the four pillars of health:

- Lifestyle — *How we live*
- Exercise — *How we move*
- Attitude — *How we think*
- Nutrition — *How we eat*

Participants learn through direct instruction, group participation and receive a L.E.A.N. Essentials workbook.

L.E.A.N. Workshop on April 23, 2010 • REGISTRATION FORM

Payment by cash, check or VISA/MC. All checks should be payable to: *Birmingham Public Schools*.
Phone, fax and online registrations by credit card only. Mail: 2436 W. Lincoln, F101, Birmingham, MI 48009
Phone: 248-203-3800 • Fax: 248-203-3818 • www.communityed.net

Last Name _____ First Name _____

Address _____ City _____ Zip _____

E-mail address _____ Phone (Home) _____ Phone (Cell/Work) _____

Student Information: BPS Resident Nonresident

PAYMENT INFORMATION: Pre-registration required. Full payment due at registration. Refund requests must be made directly to Birmingham Community Education THREE (3) days prior to the beginning of class. The processing fee for one-day classes is \$5.00. The cost of materials cannot be refunded. There will be a \$25 fee for all returned checks. There is no resident discount for this workshop.

Amount Enclosed: _____

_____ Check enclosed (payable to "Birmingham Public Schools")

_____ Visa/MasterCard

Cardholder's Name _____

Account Number: _____ Expiration Date: _____

Cardholder's Signature: _____

HOW TO REGISTER:

Online:
www.communityed.net

Phone:
248-203-3800

Fax:
248-203-3818

In person or by mail:
2436 W. Lincoln, Suite F101
Birmingham, MI 48009

It is the policy of the Birmingham School District that no person shall, on the basis of sex, race, color, creed, age, marital status, sexual orientation, national origin, weight, height, or handicap be excluded from participation in, be denied the benefits of, or be subject to discrimination in employment or any of its programs or activities.