

BIRMINGHAM COMMUNITY EDUCATION
A L.E.A.N. Foundation for Parents



L.E.A.N. WORKSHOP
Tuesday, February 23, 2010
7-9 p.m.
at Pembroke Elementary

\$20.00/person
*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.

LEAN WORKSHOP REGISTRATION FORM – Pembroke on February 23, 2010

REGISTRANT'S NAME: _____ CELL/WORKPHONE: _____

ADDRESS: _____
Home Address City Zip

E-MAIL: _____ HOME PHONE: _____

PAYMENT INFORMATION

No refunds will be issued once class begins and tuition will not be refunded due to lack of attendance or schedule conflicts.

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. There is no resident discount for this workshop.





Total Amount Enclosed \$ _____

Payment Type: ___ Visa/MasterCard
___ Check Enclosed (Payable to "Birmingham Public Schools")

Card Number: _____ Exp. _____

Cardholder's Signature: _____

Four Ways to Register!

-  On-Line at www.communityed.net
-  By Phone at (248) 203-3800
-  By Fax at (248) 203-3818
-  By Mail: Birmingham Community Education
2436 West Lincoln, 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.