

# Registration Form

To pre-register (required), or for more information, please call 334-5566

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Contact Information \_\_\_\_\_

Home Phone      Work Phone      Cell Phone      email address

Employer (If qualifying for company subsidy) \_\_\_\_\_

COURSE      LOCATION      DATE/TIME

COURSE	LOCATION	DATE/TIME

Make Checks payable To: The Wellness Center  
Please return to: MERRILYN BARRY  
North Country Hospital, 189 Prouty Drive, Newport, VT 05855-9329

## Family Health

### Heart Saver First Aid with CPR & AED \$65

Learn basic first aid and how to handle emergencies before the ambulance arrives. Includes CPR & AED for adult, infant & child. AHA course card upon completion. Pre-registration & payment required.

Saturday, February 6  
8:30 a.m. - 3:00 p.m.  
North Country Hospital Meeting Room



American Heart Association Instructors

### CPR & AED \$35

Heart Saver CPR & AED for adult, infant & child. AHA course card upon completion. Pre-registration & prepayment required.

Saturday, January 23, February 20, March 20  
9:00 a.m. - 12:00 p.m.  
NCH Meeting Room

American Heart Association Instructors

### Kindred Connections

Kindred Connections is a one-on-one support system through the Vermont Cancer Survivor Network where those living with a cancer diagnosis or treatment can get together with cancer survivors for support during this often confusing and difficult time. These informal meetings are set up at the request of the patient with a trained volunteer who shares a similar diagnosis. Meetings take place at a time and place that is convenient for both the patient and the volunteer. This program also supports the family members and/or close friends of the person with cancer. For more information please call Katie at 802-334-3262 or Sherry at 800-652-5064, or visit the website at [www.vcsn.net](http://www.vcsn.net).

### Reflexology Workshops

#### Advanced class \$40.00

In this advanced class you will further develop your techniques to provide comfort and relaxation to your loved ones. Learn more foot work, plus reflexology for hands and ears, in this fun and relaxing spa day.

Saturday, February 6  
11:00 a.m. - 4:00 p.m.  
NEWPORT Wellness Center Fitness Facility

#### Beginners class \$20.00

An introduction into the ancient healing art of Foot Reflexology. This hands on workshop will provide you with easy techniques to promote relaxation, improve circulation, and reduce stress, enabling you to bring comfort and deep relaxation to your loved ones in times of need.

Saturday, January 23  
11:00 a.m. - 2:00 p.m.  
NEWPORT Wellness Center Fitness Facility

Susan Blackstone, Certified Reflexologist

### On The Hunt for Lead

#### Do You Live in an Older Home or Apartment?

Let's go on a scavenger hunt together to hunt for lead in your home. Lead in toys, chipping paint, those old water pipes - where might there be lead in YOUR home? Learn to be an expert lead hunter! Each participant will receive a "Don't Spread Lead- A Do -it-Yourselfer's Guide" compact disc. Share a healthy lead-buster snack and learn about all the lead prevention resources available. Please call 334-4389 to pre-register for this fun and interactive discussion group.

Friday, January 15  
10:30 a.m.

Emory Hebard State Office Building, Room 250