



# Free Virtual Fitness & Healthy Aging Workshop

TEL HI AGING & OLDER ADULT WELLNESS PROGRAM

## REGISTRATION FORM

Every Wednesday, October 14 through December 16, 2020

11:00AM-12:30PM, ONLINE

A Zoom link will be sent prior to the start of the workshop

### Terms and Conditions:

- Plan to attend a minimum of 6 classes
- An electronic device (smart phone, computer, ipad) to view classes is required. *TEL HI has laptops available to borrow if needed*
- Must meet age requirement of 50 years old or older
- No exercise equipment is needed for workouts
- Complete pre and post class questionnaire

First Name	<input type="text"/>	Last Name	<input type="text"/>
Date of Birth	<input type="text"/>	Age	<input type="text"/>
		Gender	<input type="text"/>
Street Address	<input type="text"/>		
City/Zip	<input type="text"/>	Email Address	<input type="text"/>
Primary Phone	<input type="text"/>	Cell Phone	<input type="text"/>
Emergency Contact	<input type="text"/>		
Relationship To Participant	<input type="text"/>	Contact Number	<input type="text"/>
List Allergy/ Medication	<input type="text"/>		

Waiver: I release TEL HI from responsibility for any risk of bodily injury, death, or property damage as covered in the "General Release of Liability". I assume all risk for any injuries. I sign of my own free will. I agree to the terms outlined above. I understand that TEL HI may remove me from the program if I do not follow the outlined terms.

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

PHOTO RELEASE: I/we agree to allow use of my/our photograph in program publicity. I have read and fully understand these policies. Initials: \_\_\_\_\_

Please contact Koletti Leha, Program Manager, at [KLeha@telhi.org](mailto:KLeha@telhi.org) or 415.825.0040 for more information or to schedule a time to drop off this form. Forms can be picked up and dropped off at TEL HI, 555 Chestnut Street, San Francisco