

Registration Form (April 28-June 8)

Visit mcdowellwellness.com for our online registration form or complete the following.

Name: _____

Gender: ___ M ___ F Age: _____

Address: _____

Email: _____

(You will receive a weekly email newsletter. If you do not receive one within the first week of the challenge, contact McDowell Wellness Center. Hard copies may also be picked up at the Wellness Center).

Did you participate in any of the previous Get Moving Challenges? ___ Yes ___ No

Are you an EMH Associate? ___ Yes ___ No

If so, are you participating in the Wellness F.I.R.S.T. Program? ___ Yes ___ No

Phone: _____ Emergency phone: _____

Youth t-shirt size: YS YM YL Adult size: S M L XL 2X 3X 4X 5X 6X

Are you participating as an individual or as a team? (Teams must consist of at least four members) ___ Individual ___ Team

Team Name: _____

Do you give your permission for your name and/or picture to be shared with others via social media, newsletters and future marketing materials?

___ Yes ___ No

Do you have comments or suggestions for this challenge or future challenges? _____

Get Moving Packets with instructions and forms may be picked up at the kick-off or at McDowell Wellness Center beginning April 1.

Waiver Form

Waiver: I recognize that the Danville/Boyle County Get Moving Challenge is offered through McDowell Wellness Center and is a voluntary program that may involve strenuous activity. Any injuries that I may sustain are not the responsibility of McDowell Wellness Center. I assume the risk for any injury that may occur to me while participating in the program.

Signature

Print Name

Date

Parent/Guardian Signature (if participant is under 18)

Print Name

Date

Return registration and waiver by Sunday, April 28 to McDowell Wellness Center, 1107 Ben Ali Drive, Danville, KY 40422.

Fax: (859) 238-0171 or email to jfluty@emhealth.org



GET MOVING! FOR MENTAL HEALTH



McDowell Wellness
Center

The 2024 Get Moving Challenge will focus on mental health because exercise, good nutrition and other healthy habits can affect both physical and mental health! Track your physical activity minutes and submit them each week to be eligible for prizes and a free t-shirt.

- Individuals or teams of any fitness level can participate. The main purposes of the team are encouragement and accountability; you do not have to exercise as a team.
- Register online through the link on our website mcdowellwellness.com.

Registration forms can also be picked up at McDowell Wellness Center or printed from our website.

- Weekly communication and tips, including healthy recipes, will be shared with participants.
- Registration forms can be

dropped off at McDowell Wellness Center before the kick-off, at the kick-off or within the first week of the challenge.

- Free Get Moving t-shirt for all participants who submit at least 5 weeks of minutes.
- Pre-registration is encouraged.



Kick-Off the Challenge:

JOIN US

April 28 @ 2:30 p.m.

Millennium Park

Rotary-Kroger

(large) Shelter

- One Mile Walk
- Happy Dance/Fitness Class Demo with Ann Mosley
- Meet the Provider (EMH Mental Health providers will be available)
- Mental Health Screens
- FREE NARCAN & other Freebies
- Onsite registration for Get Moving