

# Health & Wellness

## LUNCH PROGRAM

**Thursday, June 30, 11:30 – 12:30 PM**

**The Importance of Nutrition & Exercise**

**The Lecture is FREE!**

**You may bring your lunch; order a boxed lunch below; or simply attend the lecture!**

Name: \_\_\_\_\_  Male  Female

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number (Home): \_\_\_\_\_ (Work): \_\_\_\_\_ (Mobile): \_\_\_\_\_

Email: \_\_\_\_\_

**I would like to order Lunch\***

**Lunch orders must be accompanied by a check please!**

Boxed lunch from **ChathaMooCa** includes sandwich of fresh roasted turkey breast, with locally grown organic greens, on 100% whole wheat or whole wheat white bread, pickle spear, veggie stix, oatmeal raisin cookie, and a seasonal fruit cup. **\$7.00**

### Emergency Contact

Name	Relationship	Phone Number
