

Registration



LIVING A HEALTHIER LIFE
IN A BLUE ZONE COMMUNITY

Seniors 60+, join us for a series of evidence-based workshops between Aug. 12th-Sept. 30th to introduce you to what the Las Cruces community has to offer to promote healthy aging. Workshops are **FREE** to attend and space is limited! Workshop tracks include: Nutrition, Exercise, and Education. Sign up at East Mesa Recreation Center, 5589 Porter Dr, Las Cruces, NM or online at www.nmseniorolympics.org. Space is limited!

First Name: _____ Last Name: _____

Age: _____ Gender: Male Female

Address: _____

City: _____ State: _____ ZIP _____

Email: _____ Cell Phone: _____

Ethnicity Caucasian Hispanic Native American African American Other

Emergency Contact: _____ Phone: _____

How did you hear about us?

Senior Center Friend Social media

Other _____

Rate your level of fitness _____ Excellent _____ Good _____ Fair _____ Poor

WORKSHOP INFORMATION

_____ Heath & Wellness - Using Digital Technology Mon, Aug 12th, 2024	1:00pm-2:00pm
_____ Calhoun Farm - Weekly-Mon & Wed, Aug 12th-Sept 25th, 2024	6:00pm-7:30pm
_____ Equine Connection Weekly-Tues & Fri, Aug 13th-Sept 27th, 2024	6:00pm-7:30pm
_____ Enhance Fitness - Wed, Aug 14, 2024	2:00pm-3:00pm
_____ Know Your Environment - Wed, Sept 4, 2024	1:00pm-2:00pm
_____ Tai Chi Essentials - Weekly Tues & Sat, Aug 15th-Aug 31st, 2024	7:00am-7:45am
_____ Laugh It Off - Fri, Aug 16th, 2024	1:00pm-2:00pm
_____ Nutrition - Weekly on Sat, Aug 17th-Sept 28th, 2024	9:00am-10:30am
_____ 5 Senses for your Body - Mon, Aug 26, 2024	1:00pm-2:00pm
_____ Cooking 4-Part Series Tues & Fri, Aug 27th-Sept 6th, 2024	1:00pm-3:00pm
_____ Walking Program - Weekly Thurs, Sept 5th-Sept 26, 2024	7:00am-7:45am
_____ Natures Beauty-Selfie Scavenger Hunt - Sept 18th-Sept 25th, 2024	At Your Leisure
_____ Meet and Greet with Your Selfies - Wed, Sept 25th, 2024	1:00pm-2:00pm

*** New Mexico Senior Olympics, Inc. Liability Waiver and Photo Release***

In consideration of my participation in the Living Healthy in a Blue Zone Community workshop series I, for myself and my heirs, waive and release any claims for damages against all associated parties, i.e New Mexico Senior Olympics and the City of Las Cruces, for any injuries or actions arising from my participation. I confirm that I am physically fit and have sought medical advice if needed. I also grant permission for my likeness and photograph to be used without liability or obligation.

Signature

Date