

APPLICATION FOR WELLNESS PROGRAMS  
 IONIA COMMISSION ON AGING  
 616-527-5365

FIRST NAME:	LAST NAME:	
STREET:		
CITY:	STATE:	ZIP:
PHONE:	E-MAIL:	

I HAVE THE FOLLOWING HEALTH ISSUES THAT THE PROGRAM LEADER NEEDS TO KNOW ABOUT:


The Ionia Commission on Aging offers the following fitness programs at various location throughout the county. Briefly they are:  
 ARMCHAIR EXERCISE for those unable to stand for a long period of time  
 ARTHRITIS FOUNDATION EXERCISE to increase mobility and ease pain in affected joints.  
 ENHANCED FITNESS exercise for both frail and physically fit older adults.  
 LINE DANCING instruction for both learners and practitioners of dance  
 MATTER OF BALANCE to help prevent falls through increasing your balance  
 P.A.T.H. to help those with chronic disease manage symptoms and decrease negative effects of the disease.  
 WII BOWLING to increase range of motion through a computerized bowling program—no heavy bowling ball to lift.

I WOULD LIKE TO PARTICIPATE IN THESE WELLNESS PROGRAMS: [CHECK ALL THAT APPLY]

<input type="checkbox"/> ARMCHAIR EXERCISE	<input type="checkbox"/> LINE DANCING	<input type="checkbox"/> P.A.T.H. PROGAM
<input type="checkbox"/> ARTHRITIS FOUNDATION EXERCISE	<input type="checkbox"/> MATTER OF BALANCE	<input type="checkbox"/> WII BOWLING
<input type="checkbox"/> ENHANCED FITNESS		

ALL PROGRAMS ARE OFFERED IN IONIA. HOWEVER, IF OFFERED IN MY LOCATION, I WOULD PREFER TO PARTICIPATE IN:

<input type="checkbox"/> BELDING	<input type="checkbox"/> IONIA	<input type="checkbox"/> PORTLAND
<input type="checkbox"/> CLARKSVILLE	<input type="checkbox"/> LAKE ODESSA	<input type="checkbox"/> SARANAC
<input type="checkbox"/> HUBBARDSTON		

Although the programs are conducted by trained leaders and safety precautions are in place, I understand that by participating in any of the above programs sponsored by the Ionia Commission on Aging I do so at my own risk.

\_\_\_\_\_ NAME

\_\_\_\_\_ DATE

Return completed form to: Commission on Aging, 115 Hudson St., Ionia, MI 48846