



MEMBERSHIP CARD

COURTLAND TRAILBLAZER APPLICATION

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Date of Birth _____
Signature _____ Date _____

Signature

Return application to: Healthy Lifestyle Information Center at Courtland Center

FOR FURTHER INFORMATION, PLEASE CALL (810) 606-6265

WHERE IS THE COURTLAND TRAILBLAZERS HEALTHY LIFESTYLE INFORMATION CENTER?

This portable display will travel throughout the mall, so don't be surprised when you see it in a new location. You can pick up general information about walking and health care, and information on upcoming special programs and events at this center.

COURTLAND CENTER MALL RULES

Please respect the mall property and fellow walkers.

Please use the benches for coats and jackets.

Please walk no more than two abreast to allow room for passing walkers.

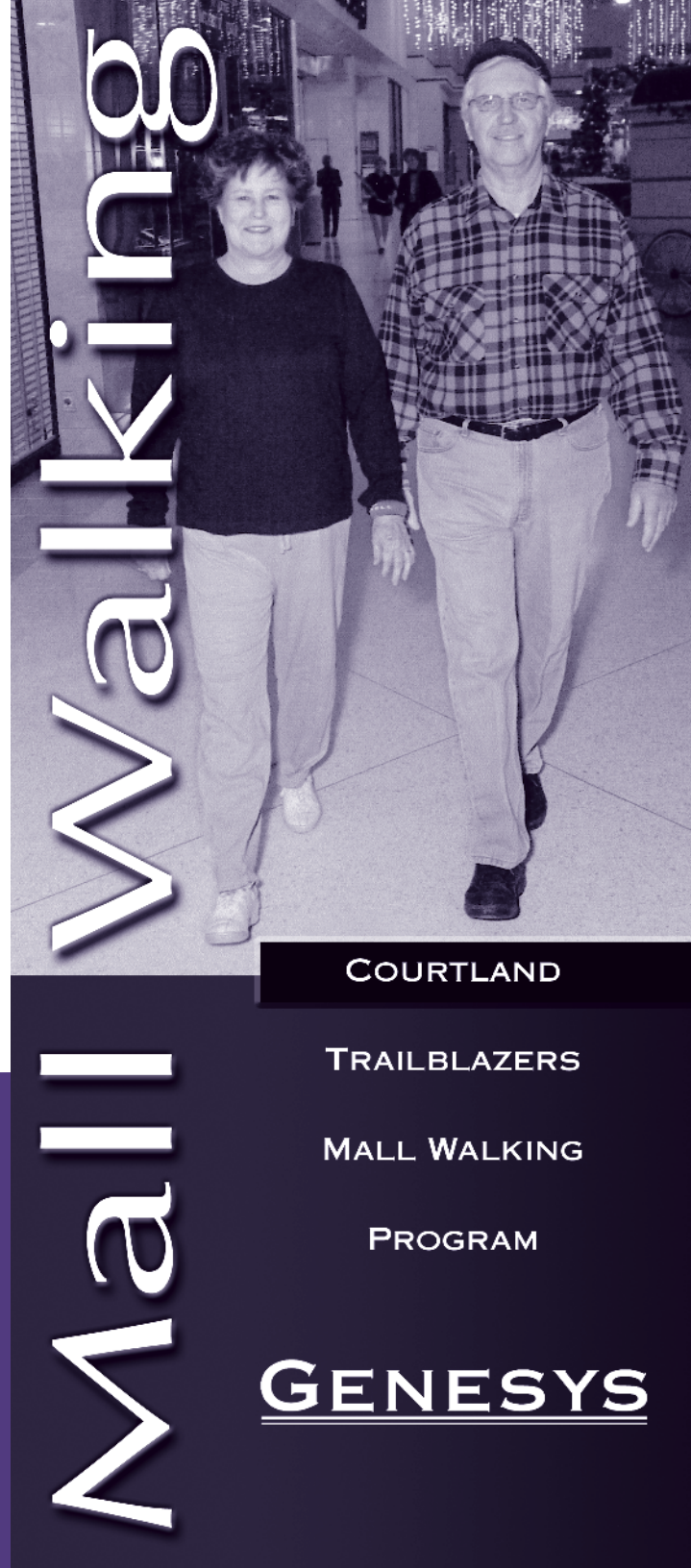
For your safety, please do not walk through set-ups for mall events or move any equipment such as tables or chairs.

For your safety and that of fellow walkers, floor mats at all entrances should be used to wipe excess dampness and dirt from shoes BEFORE walking.

GENESYS

www.genesys.org ASCENSION HEALTH

06091.8M



WHAT IS THE COURTLAND TRAILBLAZER PROGRAM?

Courtland Center, in cooperation with Genesys Health System, has created an opportunity for health-conscious individuals to maintain their own walking routine ... year-round! By walking briskly indoors, walkers can meet their personal exercise goals ... regardless of the weather!

WHO CAN JOIN?

Anyone! Walking is an aerobic exercise that everyone can enjoy.

WHY WALK WITH US?

If you set aside 20 to 30 minutes for proper walking, at least three times a week, your heart and lungs will feel the difference. You'll increase the oxygen available for your body and your heart will begin to use oxygen more efficiently. With regular exercise, you'll also find yourself having more energy, better muscle tone and increased stamina. Your walking routine will help relieve tension and will help you feel better about yourself. Best of all, you'll find that being a Courtland Trailblazer is a lot of FUN!

HOW DO I BECOME A COURTLAND TRAILBLAZER?

It's easy! Just complete the attached application form and deposit it at the Courtland Trailblazers Healthy Lifestyle Information Center located in Courtland Center.

IS THERE A MEMBERSHIP FEE?

No! Your participation in the Courtland Trailblazer program is absolutely free.

DO I RECEIVE ANYTHING?

Yes! As a Courtland Trailblazer, you'll be invited to attend special Courtland Trailblazer programs, where you'll enjoy guest speakers and refreshments. You'll also receive a membership card that entitles you to discounts in the mall. Watch the Courtland Trailblazers Healthy Lifestyle Information Center for mall discount information.

In addition, blood pressure screenings and cholesterol tests are available to walkers on the first Wednesday of each month.

Use this card to
redeem your
mall walking
discounts at
select stores at
Courtland Center

AS A COURTLAND TRAILBLAZER, I UNDERSTAND:

1. that I am voluntarily becoming a member of the Courtland Center/Genesys Health System mall walkers club, and that I am in good health.
2. that the walking hours for the mall are Monday through Saturday from 8 a.m. to 8 p.m. and Sunday from 9 a.m. to 5 p.m.
3. that the mall will be open for walking only on regular business days.
4. that I will hold harmless Courtland Center and Genesys Health System for any accident or injuries that may occur as a result of my participation in the mall walking program.
5. all of the above and voluntarily sign.

Courtland Center walking hours

Monday – Saturday
8 a.m. – 8 p.m.

Sunday
9 a.m. – 5 p.m.

