

Community Education REGISTRATION

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail (for e-newsletter) _____

Amount Enclosed

\$

Please make check payable to Milford Regional.

Please complete
the form below
and mail with
your payment to:

**Community Education
Milford Regional**
P.O. Box 350
Milford, MA 01757

All programs meet at locations indicated in the program description. Please register early as class enrollment is limited. Programs are subject to cancellation. A full refund will be given if a minimum enrollment is not met.

If you are unable to attend after you have registered, please notify us at 508-422-2206 **at least three business days** before the program starts and a full refund will be provided. A cancellation notice must be received to obtain your refund. **You will be notified only if the class is cancelled.**

Certification

For all CPR retraining classes, please enclose a copy of your current CPR card.

- CPR - BLS for Healthcare Provider** \$60
- CPR - Healthcare Provider Retraining** \$50
Class Selection _____
- CPR - Heartsaver CPR AED** \$50
Class Selection _____
- CPR for Family & Friends** \$30
- Heartsaver First Aid** \$50
Class Selection _____
- Blast! Babysitting** \$45
Date of Birth _____
Class Selection _____

Healthy & Fit

- Nutrition 101** Free
 Part 1 Part 2 Part 3
- Natural Nutrition:
Vitamins Without the Pills** Free

Diabetes

- Get off the Weight-Loss Roller Coaster** Free
- Cooking Tips & Techniques** Free
- Vacation & Travel Tips** Free
- Insulin Pumps: Beyond Basal & Bolus** Free

Prevention

- Quit Smoking with Hypnosis** \$35
Class Selection _____

Wellness

- Kundalini Yoga** \$75
Milford Regional at Whitinsville Wednesdays @ 10 a.m.
 Wednesdays @ 6:45 p.m.
Milford Senior Center Thursdays @ 6:30 p.m.
- Pilates** \$75
Milford Regional at Whitinsville Essentials (Tuesdays @ 9:30 a.m.)
 Essentials (Thursdays @ 6 p.m.)
Milford Senior Center Essentials (Wednesdays @ 6 p.m.)
 Essentials Plus (Wednesdays @ 7 p.m.)
- Yo-Chi** \$75 **Zumba®** \$75
- Meditation, Qigong & Short Form T'ai Chi** \$60
- Intermediate Yang Style Short Form T'ai Chi** \$60
- Hand Reflexology Workshop** \$25

Lectures

- February 29** Go Red for Women
- March 27** Stress Testing for Heart Disease
- June 13** What you Should Know About Atrial Fibrillation

**Milford
Regional**

Medical Center

www.milfordregional.org