



ALPENA REGIONAL MEDICAL CENTER
Compassionate Care. Cutting-edge Technology. Right Here.

Turning Point

Application for Participation in Turning Point

Start Dates for 2008:

Jan 8th, March 4th, May 6th, Aug 5th, October 7th

**Workout and Education Session every Tuesday and Thursday
at 4:30 to 7:00 p.m. for six weeks.**

Name:

Phone:

Age:

List Any Days Unable to Attend?

Reasons for Wanting to Join?

Specific Weight Loss/Endurance/Health Goals?

How did you hear about it?

**List any physical limitations, injuries, recent surgeries or
existing health conditions (i.e. asthma, arthritis, low back pain,
strained muscles, sprains or fractures).**

**Fax to: 356-8078 or drop off at Bay Athletic Club Desk or with
Judy MacNeill, M.S., R.D.**