Middlesex Recreation Department, 1200 Mountain Ave., Middlesex, NJ 08846 · (732)356-7400 x 7

recreation@middlesexboro-nj.gov

# Eating for Energy

## June 15, 2015 • 6pm-7pm

Presented by: Amy Napoli, RDH www.balancedhealthyself.com

- Are you sick and tired of being tired?
- Do you reach for a quick pick me up around 3pm?
- What if you had an unlimited supply of energy and clarity?

This workshop will discuss foods that change our levels of energy and how to get the most nutrition out of the food we eat. We will discuss how to stop dieting and begin to make life style changes that support success. Join us and take the first step to a more energetic, healthier you!

*Eating for Energy* will be held at the Recreation Center on June 15, 2015 from 6PM-7PM. $5 fee per person. Please make checks payable to "Middlesex Recreation Dept."

Amy Napoli is a Health Coach and owner of Balanced Healthy Self, LLC. Amy received her training through the Institute of Integrative Nutrition cutting edge Health Coach Training Program. Amy decided to become a health coach to fulfill her passion of working with busy individuals to improve their health and life balance through nutrition, fitness and overall wellness.

Please fill out portion below in ink and return to Recreation Dept. with fee. Please keep top portion with dates.

Eating for Energy 2015

NAME_____ AGE _____

ADDRESS_____ CONTACT PHONE_____

**If a minor - parent(s)/Guardian Info**:

_____ _____ Phone_____ Cell Ph._____
Parent Name address (if different from above)

_____ _____ Phone_____ Cell Ph._____
Parent Name address (if different from above)

Contact email _____

***Other*** Contact in case of emergency (DO NOT USE YOURSELF):

Name_____Phone_____H / C / W Relation to child_____

Specific medical allergies, chronic illness or other medical conditions the staff should be aware of:

_____

_____ _____/_____/_____
**Parent/Guardian Signature** **date**

**DO NOT WRITE IN THIS BOX** - *for office use only* - **Eating for Energy 2015**

DATE RCV'D _____ RCPT # _____