



# Illinois School Counselor Association

## Wellness Works

Saturday, February 11, 2012

11:30 am - 2:30 pm

mind

spirit

*Enjoy fun, energizing & relaxing  
classes led by certified instructors.*

*Participate in a wellness screening  
followed by a summary physician lecture.*

body

*Receive a wellness handbook, a  
special gift and wellness coupons.*

*Refreshments and Raffle Prizes.*

**Fee is \$10.**

**To Register:**

Online: <http://www.ilschoolcounselor.org/>

Fax: (815) 787-0505

# Wellness Works Schedule

# Registration Form

## Check-in & Measurements

11:30 am - 12:30 pm

- BMI
- Body Composition
- Waist Circumference
- Neck Circumference
- Blood Pressure

## Classes

12:30 pm - 1:30 pm

12:30 pm - 12:50 pm  
Recharge, Relax & Renew Yoga

12:50 pm - 1:10 pm  
Self Massage

1:10 pm - 1:30 pm  
Meditation

## Physician Lecture

1:30 pm - 2:00 pm

Dr. Carlos Reynes, will help you understand your wellness measurements, what they mean to your health the quality of your life and how you can improve them.

February 11, 2012

Gottlieb Center for Fitness

551 W. North Avenue  
Melrose Park, IL 60160

Saturday, February 11, 2012

11:30 - 2:00

- ISCA Members **\$10**
- Guest **\$15**  
(Must be 16 years of age or older)

Name

Address

City

State

Zip

Email (please print clearly)

Phone

School Name

### Payment Options:

- Check enclosed payable to ISCA
- Credit Card (Master Card, VISA, American Express, Discover)
- Purchase Orders ISCA FEIN # 27-0086648

Card Number

Expiration

V-Code# \*

Signature

### To Register:

Online: [www.ilschoolcounselor.org](http://www.ilschoolcounselor.org)

Mail: P.O. Box 144  
DeKalb, IL 60115

Fax: (815) 787-0505