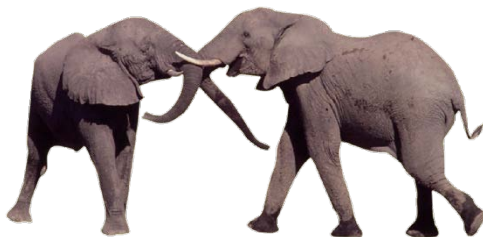


Return Address:

Place
Postage
Here

Nick & Kelly Children's Heart Fund
1321 Bayview Dr.
Tempe, AZ 85283



Family Day

Heart Talk



Keep A Small Heart Beating 
1321 E. Bayview Dr., Tempe, AZ 85283-2150



Photo courtesy of the Phoenix Zoo



Heart Talk
Exercise and your
Heart: Advice for a
Healthy Lifestyle

Saturday,
January 29, 2011
at the
Phoenix Zoo

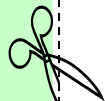
Sponsored by:
Nick & Kelly
Children's Heart Fund



Family Day Program



Exercise and your Heart: Advice for a Healthy Lifestyle



Fold and Tape

Family Day Heart Talk REGISTRATION FORM

Parent/Guardian Name(s) attending conference:
Parent **MUST** attend if children/teens attend

Address: _____

City: _____ St. _____ Zip: _____

Phone: _____ Alternate phone number: _____

E-Mail: _____

Children/Teens will be in groups according to age & comfort level.
List **ONLY** children attending conference –**5 or older**.

Patient Name: _____

Age: _____ Sex: F/M Shirt Size: Youth S/M/L Adult S/M/L/XL/XXL

Special Concerns: _____

Sibling Name: _____

Age: _____ Sex: F/M Shirt Size: Youth S/M/L Adult S/M/L/XL/XXL

Sibling Name: _____

Age: _____ Sex: F/M Shirt Size: Youth S/M/L Adult S/M/L/XL/XXL

Sibling Name: _____

Age: _____ Sex: F/M Shirt Size: Youth S/M/L Adult S/M/L/XL/XXL

☐ Child Care (for cardiac patient under 5 years, check box if needed, no shirts)

Patient name _____ age _____ diagnosis _____

Special concerns _____

(Childcare space is limited, first come, first served)

Please indicate any special needs or concerns

(Please use additional form if needed for additional children or special needs/concerns)

This event is for parents & patients/siblings ages 5 and older
(limited childcare available for children under 5 who are cardiac patients)

Participants will sign a behavior agreement for children's events.

Use form to Register or Contact: Nick & Kelly Children's Heart Fund

Telephone: (480) 838-1529 FAX: (480) 777-1447 Postal Address: 1321 E. Bayview Dr., Tempe, AZ 85283

E-mail: nandkfund@aol.com Website: www.nickandkellyfund.org (registration form available online)

Must pre-register, limited space available, first come first served.

Registrations must be postmarked by January 24, 2011.

8:30 – 9:00 Registration/Networking

9:00 – 10:15 Opening Session

Information about the importance of exercise and nutrition and how they may change over the life cycle. Includes demonstration of specific types of exercise and the impact on the heart.

10:15 – 10:45 BREAK

Information and Networking
(Teens only group starts at 10:15)

10:45 – 12:00 BREAKOUT SESSIONS

"Improving and maintaining health through exercise, nutrition and living a balanced life" (locations to be announced)

12:15 Lunch for all at the lake