



NHC Healthy Living Challenge

February 17 to April 12, 2020
REGISTRATION

The Northland Healthy Living Team Challenge is an eight-week program designed to encourage overall wellness through consistent physical activity, healthy diet choices, water intake, and good sleep habits. We hope you find this to be a fun experience for developing positive lifestyle changes.

Participant Information

First Name _____ Last Name _____
Address _____
City _____ State _____ Zip _____
Home Phone _____ Cell Phone _____
Email Address _____
Can we text you on your Cell Phone? Yes _____ No _____
Do you have a Facebook account? Yes _____ No _____
What is your current age? _____ What is your gender? _____
Team Name _____ Team Captain _____

HOW TO REGISTER

- Team Member registration forms and \$10 participation fee should be returned to Team Captain.
- Team Captain will return registration forms, team roster, and participation fees to any Northland Health Centers location or to the address below no later than Wednesday, February 12th, 2020 at noon. **Please return all together.**
- Rules and Regulations, Activity Log, and BINGO cards can be retrieved from www.northlandchc.org/health-challenge

Registration forms and payments can be returned to:

Northland Health Centers
c/o Melissa Thury
PO Box 535
Turtle Lake, ND 58575

Post marked no later than Wednesday, February 12, 2020

Questions or Comments can be sent to:
Melissa Thury, Special Projects Coordinator
mthury@northlandchc.org
(701) 448-2054