

CLASS DAYS/TIME: _____ Virtual *or* In-person SESSION: _____, 2025

PLEASE PRINT

Name: _____ Address: _____

City: _____ Zip Code: _____ County: _____

E-mail: _____ Phone: _____ Date of Birth: _____

Race: White Black/AA AI/NA Asian One or more races not listed

Ethnicity: Hispanic/Latinx Not Hispanic/Latinx

Congratulations on being committed to a healthier you!

To process your StrongBodies Re-Enrollment Application: complete this form and return it no sooner than 6 weeks and no later than 2 weeks prior to the first class. Suggested contribution is \$20.

Mail to: StrongBodies Program
ADRC of Eau Claire County
721 Oxford Avenue, Rm 1130
Eau Claire, WI 54703



Are you committed to completing the entire 10-week program by missing fewer than 1-2 classes?

Yes No

In case of emergency, contact: _____

Their telephone number is: _____

Allergies/medical condition: _____

Your Hospital of choice: _____

Has anything changed in your Medical History or Current Health since last completion of your StrongBodies paperwork? Yes No

(If yes, please request new “Medical History and Current Health Survey”).

Have you voluntarily enrolled in the StrongBodies program?

Yes No

Do you understand that there are risks to a program associated with exercise which may include muscle soreness, fainting, disorders of heartbeat, abnormal blood pressure, and in very rare instances, heart attack? Yes No

Do you release everyone who has designed, promoted, or conducted the StrongBodies program from all claims, or liabilities whatsoever resulting from your participation? Yes No

Do you assume all risks and responsibility for any injury, damage, or any other adverse event that may result from your participation in this program?

Yes No

Do you agree to be photographed in class with the potential that your photo may be utilized in promotional materials? Yes No

Signature REQUIRED _____ Date _____

If you require accommodations to participate in the program or need this form in a different format, please contact the Prevention Program Coordinator at (715) 839-7998 or TTY 711.

****Check your email for confirmation that you are on the roster two days before classes start.****