

# Girls' Night Out!

*Celebrating womanhood with friends, fitness, and fun!*

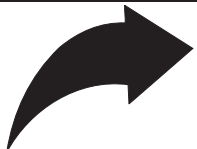
**Friday, October 15th, 2010**

**Wells County 4-H Park • 1240 S. 4-H Road, Bluffton, IN**

- ★ 5-6:15 p.m.----- Registration, Check-in, & Exhibitor Browsing
- ★ 6:30 p.m. ----- 2 mile Wellness Walk – 2 loops around 4-H Park (parts of the course are gravel, others are paved, path may be covered with soggy leaves; strollers cannot be accommodated on course)
- ★ Dinner & Exhibitor Browsing
- ★ 7:30 p.m. ----- Raffle Drawings – Each participant will receive a raffle ticket to be entered to win a gift basket valued up to \$100; additional tickets may be purchased for 25¢ during check-in.
- ★ 8-10 p.m. ----- Zumba Party – sizzling Latin dance-inspired aerobics; no experience necessary; all fitness levels welcome; Ditch the workout, Join the Party!

*Rain or shine!!! In case of severe weather, all activities will be moved indoors.*

**PARTICIPANTS MUST BE AT LEAST 18 YEARS OLD**



**Register online at: [fwymca.org/local\\_wells.htm](http://fwymca.org/local_wells.htm)**

**EVENT FEE (non-refundable)**

**Pre-Registration (deadline 9/25): \$15**

**Late Registration (after 9/25) or Event Day Registration: \$20**

*NOTE: Registrations received after 9/25 & on Event Day are NOT guaranteed a goodie bag!*

**Entry fee includes:** Goodie bag pack stuffed with great products; healthy dinner; water & snacks; 1 raffle ticket and an evening of celebrating womanhood with pampering & fun!

**Online registration available at: [fwymca.org/local\\_wells.htm](http://fwymca.org/local_wells.htm)**

**or detach & return along with event fee (checks payable to YMCA) to: YMCA \* 1935 N Main St. \* Bluffton, IN 46714**

**PLEASE PRINT LEGIBLY!!!!**

Name: \_\_\_\_\_ Email address: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_\_

ACKNOWLEDGEMENT OF RISK & RELEASE: The undersigned acknowledges that participating in this event does involve the risk of physical injury. In consideration for my participation the undersigned agrees that Bluffton Regional Medical Center, City of Bluffton, Purdue Extension-Wells County, Wells County 4-H Association and the Wells County YMCA, its agents, and employees will not be held liable for any damages arising from personal injury sustained. Participants assume full responsibility for any injury, damages, or losses which may occur for participation. I understand that it is recommended that I consult with my physician and seek medical clearance prior to my participation. I, for myself and on behalf of my heirs, administrators, executors, representatives, and assigns, hereby release and discharge Bluffton Regional Medical Center, City of Bluffton, Purdue Extension-Wells County, Wells County 4-H Association and the Wells County YMCA and their respective employees, contractors, agents, representatives, successors, and assigns of and from any and all liabilities, claims, demands, damages, actions and causes of action whatsoever, either in law or equity, arising from or relating to my participation in "Girls' Night Out".

Signed Name: \_\_\_\_\_ Date: \_\_\_\_\_

SPONSORED BY



*Purdue University is an equal opportunity/equal access/affirmative action university. If you have any special needs or dietary needs, please indicate on the registration form, or call Molly Hoag, Extension Educator, no later than October 8, 2010 at (260) 824-6412. Scholarships are available. For more information, please call Molly Hoag at (260) 824-6412, Nikki Surbaugh at (260) 565-9622 or email [lisa.beck@blufftonregional.com](mailto:lisa.beck@blufftonregional.com).*