

**Mindfulness for the New Year Course Registration**  
**January 23, 30 and February 6, 13, 20, 27 from 7 pm to 8:30 pm**

First Met will offer a six-week Mindfulness for the New Year course on Tuesday evenings in January and February 2018. The course will be offered by Wally Lazaruk, PhD, an education consultant and Certified Professional Coach.

**PLEASE CIRCLE THE REASON (S) WHY YOU ARE USING THIS FORM:**

- 1) I do not have an email address AND/OR
- 2) I do not have a debit card, VISA card, Mastercard or Paypal account AND/OR
- 3) I require financial assistance

Otherwise, if you have all of the above, please register online at:  
[www.canadahelps.org/en/charities/first-metropolitan-united-church/events/mindful1](http://www.canadahelps.org/en/charities/first-metropolitan-united-church/events/mindful1)

First Name of Registrant: \_\_\_\_\_

Last Name of Registrant: \_\_\_\_\_

Email Address (or phone number if you do not have email): \_\_\_\_\_

Street Address: \_\_\_\_\_

City, Province, Postal Code: \_\_\_\_\_

TYPE	PRICE	QUANTITY	TOTAL TO BE PAID
<b>New Year Mindfulness</b>	<b>\$75.00</b>		
Jan 23, 30, Feb 6, 13, 20, 27			

**\$ PAID via cash, cheque or credit/debit card: \_\_\_\_\_ (can be some amount less than the TOTAL TO BE PAID amount including \$0 if you require financial assistance)**

Please drop this form off in the Finance Office or through the door slot if the Finance Office is not open.