

Penny George Institute Class Registration Form

Pre-registration is required for all classes. To register, fill out this form and mail or fax with your payment to the Penny George Institute. You may also register and pay by phone.

Attendee Information

Name _____

Address _____

City, State, Zip _____

Phone _____

Payment Information

Amount Enclosed \$ _____

- Cash
- Check (*Make payable to: Penny George Institute for Health and Healing*)
- Visa
- MasterCard
- Discover
- American Express

Credit Card Number _____

Expiration Date _____

Cardholder Signature _____

Penny George Institute for Health and Healing

Attention: Class Registration
800 East 28th Street
Mail Route 15115
Minneapolis, MN 55407
Fax: 612-863-9019

Abbott Northwestern Hospital

- Yoga to Reduce Stress and Cultivate Balance**
Starts April 10 (\$115)
- Beginning Yoga** (\$89)
 - Starts April 11 **or** Starts May 30
- Yoga for Cancer and Chronic Illness**
Starts April 9 (\$115)
- Yoga to Promote Fertility**
Starts April 19 (\$89)
- Healing Touch Level 1** (Regular \$300, HTPA/AHNA Member \$275, Allina Employee \$250, Student \$200, Repeat \$200)
 - Aug. 17 & 18 **or** Oct. 5 & 6
- Healing Touch Level 2** (Regular Tuition \$300 HTPA/AHNA Member \$275, Allina Employee \$250, Student \$200, Repeat \$200) Nov. 2 & 3
- Mindfulness-Based Stress Reduction (MBSR)** (\$330)
 - Starts March 26 **or** Starts Oct. 1 **or** Starts April 9

Unity Hospital

- Couples Massage**
April 18 (\$60)
- Awareness Yoga**
Starts April 20 (\$55)
- Spring Cleaning: Food as Medicine**
April 18 (\$30)
- Cooking with Herbs and Spices**
May 2 (\$30)
- Mindless to Mindful Eating Introduction**
May 9 (\$15)
- Turn Mindless into Mindful Eating**
Starts May 23 (\$160)
- Aromatherapy**
June 21 (\$30)
- Group Exercise Program for Patients with Cancer** (\$50)
 - Mondays or Thursdays

Refund Policy: Payment at the time of registration is required to reserve your spot in the class. If a class is canceled due to low enrollment, we will notify you and refund your payment. If you register and notify us one week before the start date that you cannot attend, we will refund your payment in full. No partial refunds or class substitutions are allowed.

Education Credits: Continuing Education Credits (CEU) are available for select classes. Refer to individual class listings for CEU options.

Directions: For detailed directions to your class or event at **Abbott Northwestern Hospital**, call 612-863-3333 or visit abbottnorthwestern.com. For the **Unity Hospital** location, call 763-236-5656 or go to allinaunity.org.