

Living Healthy



Girl Scouts of Shagbark Council

Living Healthy...Going Green Expo

Saturday, September 19, 2009

9:00 a.m. - 12:00 p.m.

Rend Lake Visitors' Center, Benton, IL

Living Healthy Activities

- ♥ Healthy Cooking
- ♥ Nintendo Wii Area
- ♥ Dance, Dance Revolution
- ♥ Karate/Self-Defense
- ♥ VERB & Sports Samplers

Going Green Activities

- 🌍 Skin Care Product Creation
- 🌍 Recycled Art
- 🌍 Green Fashion Design
- 🌍 Master Gardener

Schedule of Events

- 8:30 a.m. Check-In & Late Registration
- 9:00 a.m. Health Fair Booths, Hands-On Activities, Sports Samplers, Badge Opportunities
- 9:30 a.m. Fun Walk/Run Starts
- 11:00 a.m. Awards Ceremony

Registration Information (form on back)

Youth 17 and Under -
\$8 Per Person/\$10 Per Person, Day of Event

Adults 18 and Older -
\$10 Per Person/\$12 Per Person, Day of Event

Registration fee includes entry into the event, a specially designed t-shirt, a "Living Healthy... Going Green" patch, refreshments, badge opportunities and prize drawing entry. The event will be held rain or shine.

Pre-Register by Mail

Mail-in registration forms will be accepted through September 4, 2009. Please complete the registration form on the back and mail with your check or credit card information to Girl Scouts of Shagbark Council, 4102 S. Water Tower Place, Mt. Vernon, IL 62864.

On Site Registration

On site registration will be available on the day of the event, Saturday, September 19, 2009 from 8:30 a.m. to 9:30 a.m. T-shirt size and "Living Healthy...Going Green" patch* availability are not guaranteed for day of event registrations.

*Note: Only registered Girl Scouts will receive the "Living Healthy...Going Green" patch.



United Way



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*Note: Only registered Girl Scouts will receive the "Living Healthy...Going Green" patch. This event is open to the public, tag-a-longs and siblings will be allowed to attend this event. **Adults are responsible for their children at all times.**

Registration Form

Participating Adult/Troop Leader Name _____

Full Mailing Address _____

Day Phone (____) _____ E-Mail Address _____

List Names of Girls/Youth and Adults attending (use additional forms as needed) and select T-Shirt size:

T-shirt sizes: Youth Medium (YM), Youth Large (YL), Adult Medium (AM), Large (AL), X-Large (AXL)

Participant Name	Girl/Youth	Adult	T-Shirt Size	Patch*
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>

Payment can be made in cash (in person only), check or credit card. Please make checks payable to: Girl Scouts of Shagbark Council.

Type of Payment: Cash _____ Check _____ VISA _____ Master Card _____ Discover _____

Card Account #: _____ Name on Card: _____

Expiration Date: _____/_____/_____ 3 Digit Security Code: _____ Amount to Charge: _____

Signature: _____