



UTAH RECREATION & PARKS
ASSOCIATION

URPA Health & Wellness Workshop

Friday, November 14, 2014

Provo Recreation Center

320 W 500 N, Provo, UT 84601

| | |
|-----------------|--|
| 8:45 –9:15 AM | Check In |
| 9:15- 9:30 AM | Welcome & Introduction : Obesity the Epidemic/Lifestyle vs. Program-presented by John Bradley |
| 9:30-10:00 AM | Nutrition-Presented by Brittney Hudson; Intermountain Health Care |
| 10:00-10:10 AM | Break |
| 10:10-10:40 AM | Provo City Recreation Goals to fight Obesity-presented by Aubrey Van Pelt/Provo Recreation Fitness Coordinator |
| 10:40-11:10 AM | Round Table Discussion: Trends in Health & Wellness & Discussion of Role & Responsibility of Parks and Recreation regarding Obesity. |
| 11:10– 11:20 AM | Break |
| 11:20-11:50 AM | Fitness Activity (Wear comfortable clothes & tennis shoes) |
| 11:50AM-12:30PM | Lunch & Fun Raffle Prizes |
| 1:00-2:00 PM | Optional Clinic: USTA/ Utah Tennis Association 10 & Under Tennis Clinic (Tennis Clinic duration subject to change) |

Registration Fee: \$10-URPA Member / \$15-Non URPA Member (Includes Lunch & Raffle Tick-

How to Register:

- 1. Register online at urpa.org**
- 2. Mail in Registration Form and Mail Check**
- 3. Pay the day of/send in form by mail or email to RSVP/ save your spot**

For more information call John Bradley at 435-623-1004 or email jhbradley@nephi.utah.gov



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Registration Form

Registration Fees: \$10-URPA Member / \$15-Non-URPA Member

Name _____ Title _____

Agency _____

Address _____

City _____ State _____ Zip _____

Phone _____ Cell _____

E-Mail _____

Method of Payment: Check (payable to URPA) VISA /MASTER CARD

Payment Total:\$ _____ AMEX Will Pay at Retreat

Card # _____ Expiration Date _____

Security Code _____

Mail, Email or Fax completed enrollment form and payment to:

URPA; 3204 Mt. Lomond Dr.; North Ogden, UT 84414

kimo@urpa.org; FAX: (801) 782-5513 Phone: (801) 782-5512

OR if you don't want to fill out the form then just email the information to Kim

If you are going to pay at the retreat, still send in the form or email me so we have an accurate count