



SELF-ESTEEM



ALL ABOUT TRACK



NUTRITION KNOW HOW



MOTIVATIONAL SPEAKER



WEIGHT CONTROL



FOOT DETOX



KNOW YOUR FOOD



FITNESS AND YOUTH



FOOD AND MOOD



IMPORTANCE OF ACTIVITY FOR KIDS



## PALMETTOSPEED TRACK CLUB TRACKING YOUR HEALTH SEMINAR ON NOVEMBER 08, 2008 AT THE LEXINGTON CHAMBER OF COMMERCE

Track and Field is important; however, understanding the basics of track and field as well as fitness and nutrition is equally important. PalmettoSpeed Track Club will have a seminar on track and field basics, nutrition, and fitness. There is a \$20 registration fee, which will include refreshments and all materials. The registration fee is due November 06, 2008.

### REGISTRATION FORM FOR PALMETTOSPEED TRACK CLUB SEMINAR

Please Circle Which Session You Are Attending! **Session 1 8:30 -12:30\*\* Session 2 1:00- 5:00**

Name: \_\_\_\_\_

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

C/S/Z: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

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

Please make checks or money order payable to: PalmettoSpeed Track Club PO Box 85314  
Lexington, SC 29073 \*\*\*\* **Note**\*\*\*\* Directions To The Lexington Chamber Are Attached