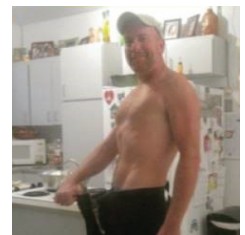




FREE Educational/Wellness Gait Assessment Session

In preparation for Cayman National's Charity 5K/10K Walk Run, we are partnering with Essential Living & Wellness Cayman to offer a free wellness gait assessment. Learn useful tips and proper walking and running stances from **Guardian Coaches Tara Bush & Scott Ruby (certified Chi Instructors)** to ensure you have a healthy and safe walk/run.



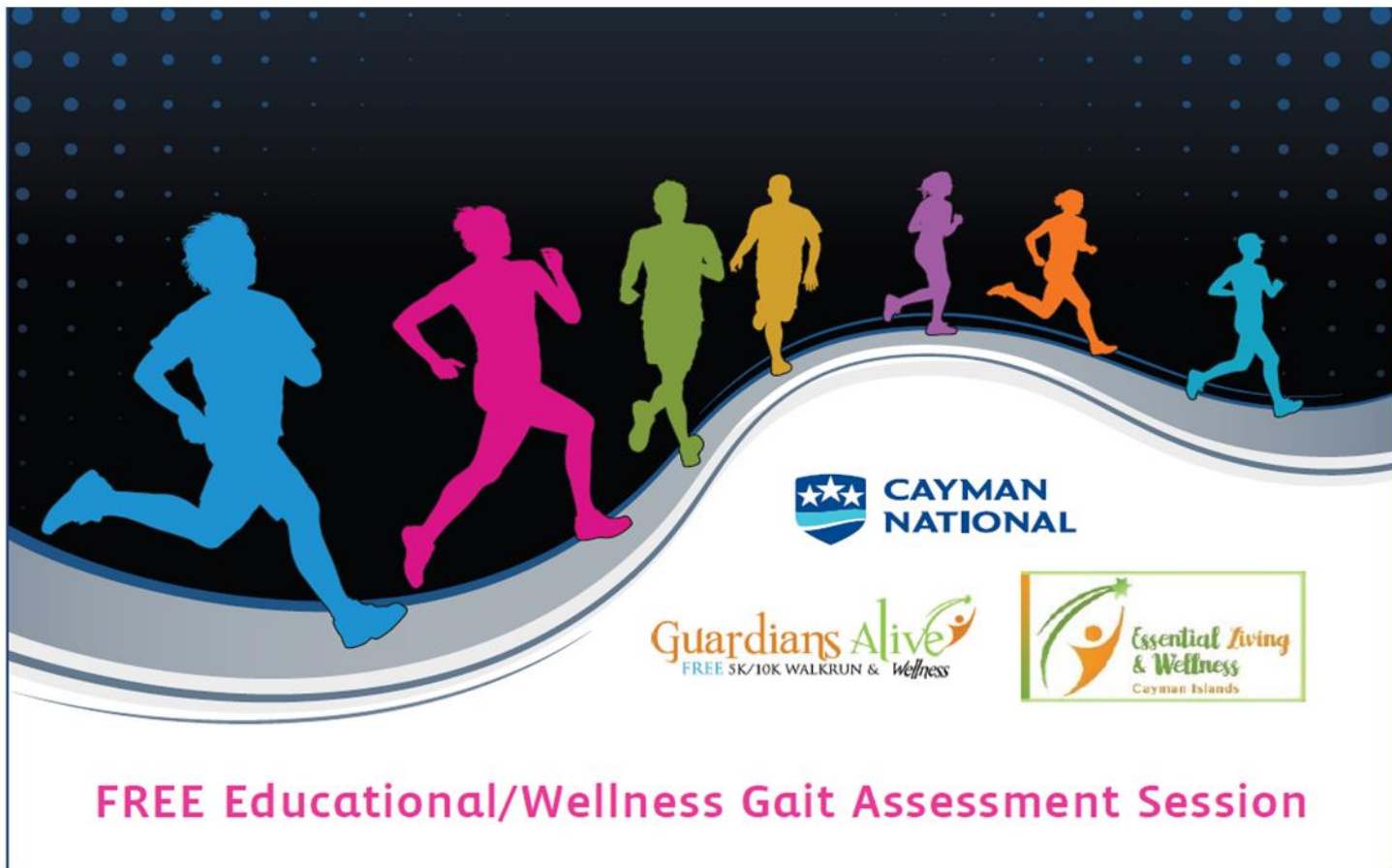
Date: Thursday 5th January

Location: Cayman National Recreational Park

Start Time: 5:30 PM

(across from the Elgin Avenue CSC)

Please confirm your interest by sending an email to events@caymannational.com or wnolcayman@gmail.com.



Waiver: I assume all risks associated with running/walking this workshop. Having signed this registration form, I waive and release the Cayman National Bank and Essential Living & Wellness ~ Cayman Islands and coaches from all claims or liabilities of any kind.

First Name: _____ Last Name: _____

Place of Employment: _____

Email: _____

Phone: _____

Age: _____ Male: Female:

Emergency contact name: _____

Emergency phone number: _____

Signature of participant / guardian for child under 18: _____

Date _____