

# Ninth Annual Spring Into Fitness

Free, fun, and just for kids  
Sponsored by Anderson County Hospital



**When:** Thursday, March 14  
**Where:** Anderson County High School Gym  
**Registration:** Noon  
**Event:** 1 - 4 p.m.  
*Parents and guardians welcome.*  
Please arrive to pick up your kids  
by 3:45 p.m.

- What's it all about?**
- A FREE T-shirt to first 150 kids
  - NFL Drumline appearance
  - Fire and gun safety programs
  - Teddy bear clinic
  - Healthy snacks
  - Prize drawings

Child's name \_\_\_\_\_

Parent/guardian name \_\_\_\_\_

Phone # during event \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

**Gender** \_\_\_ Male \_\_\_ Female      **Age** (check one)  5 & under  6 - 10  11 & over

I wish to participate in the Spring Into Fitness program for the purpose of promoting wellness through exercise and education. I hereby release Anderson County Hospital of responsibility for any injury I (or my child) may sustain while participating in this program. I understand I should seek approval from my health professional if I have a health condition or concern before participating in this program. I understand Anderson County Hospital may photograph my image (or my child's image) for use in future educational and promotional programs. I understand these images would be property of Anderson County Hospital.

Parent/guardian signature \_\_\_\_\_ Date \_\_\_\_\_

Please complete and return this form to your school or Anderson County Hospital, PO Box 309, Garnett, KS 66032 by March 7, 2019, to be eligible for free T-shirt. For more information, call 785-448-3131 and ask for Karen Gillespie.

