



"It's not just a class, it's a life experience!"

This form may be mailed in along with your registration form, brought to the first class, or faxed to:

919-882-1130 for Wake County classes
919-869-2929 for Durham & Orange County classes.

Medical Permission Slip

_____ has my permission to participate in the Healthy Moms® Fitness Program.

Physician/Midwife

Name: _____

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Signature: _____

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Office: _____

Phone: _____ Date: _____

Special Restrictions:
