

WELLNESS WAYS

Wellness Services That Enhance Your Lifestyle

The Methodist Hospital, Corporate Wellness • 713-702-4711 • methodistcorporatewellness.com

TAC Group Health Benefits - *Day of Wellness*

PLEASE NOTE: The **registration deadline is 2 weeks** prior to the event date.

Registration for the Day of Wellness is limited to 36-40 participants.

A **registration fee** in the amount of **\$175** must be paid after registering online in order to **guarantee** a space for the participant. If you cancel **3 weeks** before the event date your fee will be refunded. **Registration fees for TAC employee/dependent spouse participants in the Group Health Benefits program will be refunded upon their completion of the Day of Wellness.**

All other registration fees are **nonrefundable**.

(The Day of Wellness is a one-time event. *Registration fees for those who repeat the Day of Wellness will be the responsibility of the participant and will not be refunded.*)

Please call **Kim Winters**, Administrative Assistant for Methodist Wellness Services, at **713-441-5980** to pay by phone. Please contact Cescey Godley at clgodley@tmhs.org or 713-441-3384 if you have questions regarding the Day of Wellness.

Please click on your preferred date below to schedule an appointment.
After you click, please choose "09:00 AM" on the screen that opens.

2010 Houston Dates (9 AM to 3 PM)

Tuesday	3-9-10	St. Paul's UMC – Gymnasium
Thursday	5-20-10	St. Paul's UMC – Gymnasium
Thursday	6-17-10	St. Paul's UMC – Gymnasium
Thursday	7-29-10	St. Paul's UMC – Gymnasium
Tuesday	8-17-10	Methodist Hospital – Dunn Conference Center
Thursday	9-16-10	St. Paul's UMC – Gymnasium
Tuesday	10-12-10	St. Paul's UMC – Gymnasium
Tuesday	11-9-10	St. Paul's UMC – Gymnasium

2010 East Texas Dates (9 AM to 3 PM)

Wednesday	4-28-10	Texarkana, Williams Memorial UMC – Youth Center
Thursday	4-29-10	Longview, FUMC – Family Life Center
Friday	4-30-10	Tyler, Marvin UMC – Pirtle Hall
Tuesday	8-24-10	Tyler, Marvin UMC – Pirtle Hall
Wednesday	8-25-10	College Station, A&M UMC – CLC Great Hall