

Unleash Your Inner Strength!

Please complete the form below to have an ASPIRE[®] Wellness team member contact you about your interests.

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

How did you hear about ASPIRE[®] Wellness: _____

We have classes and activities to correspond with each Wellness dimension.
To learn more about a specific dimension, check the box beside it.



ACTIVE

Examples: Aerobics,
Cardio, Strength Machines,
Tai Chi, Nutrition



INTELLECTUAL

Examples: Trips,
Educational classes,
Speaker Series, Bridge



SPIRITUAL

Examples: Bible Studies,
Prayer Group, Yoga,
Various Support Groups



RELATIONAL

Examples: Wine & Cheese,
Social Events, Summer Concert
Series, Golf Outing



PURPOSEFUL

Examples: Volunteer
Opportunities, Mat Ministry,
Busy Hands



EXPRESSIVE

Examples: Art, Music, Quilting,
Mixed Media, Poetry, Theatre