



# Wellness WEEK

## Horizon Wellness Week Sign Up Form

From April 26 to 30, Horizon is hosting its first ever Wellness Week – a new initiative where we will share wellness activities and resources with you, right in the comfort of your own home.

Fill out this registration form and slip it under your Building Manager's office door to receive your FREE Wellness Kit!

You can also send this form (or an email with your name, contact information, unit number, and building) to [moirak@horizonhousing.ab.ca](mailto:moirak@horizonhousing.ab.ca) to register.

### REGISTRATION INFORMATION

Name:	Phone:
Email:	
Unit #:	Building:

**Please note: there is a limit of one (1) free Wellness Kit per household. Residents must register by April 16 to receive a free Wellness Kit and Wellness Guide.**