



2019 NATURAL NUTRITION MEMBERSHIP

Your healthiest year yet!

1. Name: _____
2. Gender: M / F (please circle)
3. Age and Date of Birth (DD/MM/YY): _____
4. Mailing address: _____
5. Phone: _____
6. Email: _____
7. Month you would like to start: _____

8. MEDICAL NOTE

Natural Ltd provides lifestyle tips and dietary advice for *preventive* healthcare purposes only. Our strategies and programs are not intended as medical advice or for diabetes management (or for management of any other disease.) If you have a medical condition, please obtain your physicians approval prior to following our advice. Regardless of your health status, please note that neither Natural Ltd, nor our associates, make any representations about the suitability of a program or seminar for a particular individual and cannot be held responsible for any injury sustained or medical issue resulting from participation. Individuals participate entirely at their own risk. Please indicate your acceptance of these terms by signing here:

Signature _____ Date _____

9. PAYMENT DETAILS

You may either pay in cash (exact sum please, thank you ☺), cheque (to Natural Ltd) or online transfer (Natural Ltd, Clarien Bank, 4710912072.) Cash or cheque payments can be delivered to the Natural Nutrition office (3rd Floor, Mechanics' Building, Church Street - opposite City Hall car park).

Annual Individual Membership Fee:

Total cost of \$185

Please indicate any applicable discount – just one discount can be applied 😊:

☐ 10% discount - 2018 Natural Nutrition member.

Please provide your membership number: _____

☐ 10% discount - Court House member.

Please provide your membership number: _____

☐ 10% discount - Inside Out Wellness Centre client.

Please provide the name of your doctor: _____

(Reid Robinson, Danielle Marr, Craig Rowat or Ryan Parker)

Please note your method of payment:

☐ Cash

☐ Cheque

☐ Online

Note: _____

Annual Individual Membership includes:

- Two-week January Cleanse (digestive detox with a difference)
- Two-week May Cleanse (anti-aging & skin health)
- Quarterly:
 - February – Nutrigenomics, Nutrition and your DNA
 - June – Plant-Based 101
 - September – The Supplement Seminar
 - November – No Sugar November
- Zero co-pay on your annual one-to-one nutrition physical (Argus, BF&M, Colonial only. Reduced rates for those with GEHI or other providers – please contact Catherine for details.)
- Optional biometric tracking (weight, percentage body fat and measurements) available weekly on Thursday lunchtimes or monthly on Saturday mornings.

Notes:

- If your employer provides Natural Nutrition membership after you have joined individually, your individual fee will be reimbursed pro-rata.
- You may join at any time of year; your membership is valid for 365 days.

Please return this form to Catherine at Catherine@natural.bm. Thank you! 😊

