



YMCA TROUT LODGE
a branch of the YMCA of Greater St. Louis

 **DePaul Health Center**

Workshop Schedule

Scheduled activities are subject to change.

Friday, February 20

3:30 - 10:00 pm	Check-in at Trout Lodge
5:30 - 6:15 pm	Dinner - 1st shift
6:15 - 7:00 pm	Dinner - 2nd shift
7:30 - 7:45 pm	Orientation & Icebreakers
7:45 - 10:00 pm	Trivia Night & Coffee House

Saturday, February 21

7:00 - 7:45 am	Hike - sign up at check-in
7:45 - 8:30 am	Yoga - sign up at check-in
7:00 - 7:45 am	Breakfast - 1st shift
7:45 - 8:30 am	Breakfast - 2nd shift
8:45 - 10:00 am	Session 1 - See registration form for courses scheduled this session
10:15 - 11:30 am	Session 2 - See registration form for courses scheduled this session
11:45 am - 12:30 pm	Lunch - 1st shift
12:30 - 1:15 pm	Lunch - 2nd shift
1:15 - 2:00 pm	Free Time
2:00 - 3:15 pm	Session 3 - See registration form for courses scheduled this session
3:30 - 4:45 pm	Session 4 - See registration form for courses scheduled this session
4:45 - 5:30 pm	Free Time
5:30 - 6:15 pm	Dinner - 1st shift
6:15 - 7:00 pm	Dinner - 2nd shift
7:30 - 10:00 pm	Wine Tasting & Band

Sunday, February 22

7:00 - 7:45 am	Yoga - sign up at check-in
7:45 - 8:30 am	Hike - sign up at check-in
7:00 - 7:45 am	Breakfast - 1st shift
7:45 - 8:30 am	Breakfast - 2nd shift
8:45 - 10:00 am	Session 5 - See registration form for courses scheduled this session
10:15 - 11:30 am	Session 6 - See registration form for courses scheduled this session
11:45 am - 12:30 pm	Lunch - 1st shift
12:30 - 1:15 pm	Lunch - 2nd shift

Special Needs

We will make reasonable efforts to accommodate persons with special needs. Please include a letter with your registration form describing any special needs you have.

Facility Information

The YMCA of the Ozarks is a modern facility with a variety of lodging. Some rooms and cabins have a flight of stairs. If you have difficulty negotiating stairs, please let us know. You can request a particular type of lodging, but cabins require a minimum of five people.

Meals are served buffet style in our dining room overlooking Sunnen Lake. Vegetarian dishes are available.

Age Restrictions

This weekend is designed for adults. Participants must be at least 15 years old to register. Registrants under age 18 must be accompanied by an adult.

Registration Information

Registration fee is \$225 per person. Fee includes meals from Friday dinner to Sunday lunch, lodging, equipment use, instruction and special events. Some courses require an additional fee.

Registration deadline is February 1, 2009. Registrations will be accepted after the deadline if space is available. Please call before sending in your registration after the deadline to determine availability.

Questions?

Contact Nora Witbrodt
573-438-2154, ext. 223
nwitbrodt@ymcastlouis.org

YMCA Trout Lodge
13528 State Hwy AA
Potosi, MO 63664

www.troutlodge.org

Course Descriptions

Classes with an asterisk () are held outdoors, so please dress warmly!
These classes will not be cancelled unless the conditions are very severe.*

Aerobic Kickboxing (Sessions: 1, 3 or 5)

Learn boxing, kickboxing and basic self-defense tactics while improving your strength, flexibility and endurance.

Alpine Swing* (Sessions: 4, 5 or 6)

The swing is an exciting combination ride of a brief free fall and swing. You'll choose the height from which you'll swing—10 to 40 feet! This activity is held outdoors so dress warmly. Class won't be cancelled unless we have a severe snowstorm.

Alpine Tower* (Sessions: 1, 2 or 3)

Learn beginning climbing techniques as you climb and explore our 50-foot tower. You'll wear a harness and helmet and be held by a belay system for a safe and fun climb. Dress warmly: class won't be cancelled unless we have a severe snow or ice storm.

Archery Basics* (Sessions: 1 or 2)

Learn how to shoot with a recurve bow. Your instructor will cover basic safety and shooting techniques and then open the range for practicing. This class is held outdoors so please dress warmly.

Are You a Victim? (Session: 6)

Did you know you are a victim of all types of things, from cancer and obesity to others simply taking advantage of you? Join Ray Amanat to learn how to empower yourself, take care of yourself and not become a victim. Also learn about personal safety for you and your family.

Art Clay Jewelry (Parts 1 & 2) (\$) (Sessions: 2/3)

Learn the basics of Art Clay Silver® to make a ring, pendant or bracelet. You will leave this class with your very own 99.9% silver jewelry. Cost varies between \$10 and \$25 payable in Arts and Crafts. You must sign up for Part 1 and Part 2 to participate in this class.

Batik (Parts 1 & 2) (\$) (Sessions: 3/4)

Join us to learn the ancient art of batik using wax and dye to make custom fabrics, tapestries and more. Cost is \$20 payable in Arts and Crafts. You must sign up for Part 1 and Part 2 to participate in this class.

Beaded Jewelry (\$) (Sessions: 1 or 4)

Learn how to make your own jewelry! Your instructor will teach you the basics of jewelry making as you make your own earrings and necklace from assorted beads, charms, connectors, and chain. Cost is \$8 payable in Arts & Crafts.

Body Contouring (Session: 4)

Join Dr. Robert Young and learn about various types of surgeries such as breast augmentation and liposuction. Discover the facts and myths about laser procedures and more.

Climbing & Beyond * (Parts 1 & 2) (Sessions: 5/6)

You must sign up for Part 1 and Part 2 to participate in this class. Ever wonder how those crazy climbers stay safe? Here's your chance to learn the basic knots, gear and belay techniques needed to climb safely and then put them into practice while you climb our 50-foot Alpine Tower.

Cold Springs Hike* (Sessions: 4, 5 or 6)

Join your guide for a hike starting at the trailhead in the lower guest parking lot. This two-mile walk, which winds through the winter forest and ends at the Trout Ponds, is a great way to clear your mind and get a little exercise! A shuttle will return you to Trout Lodge in time for your next class.

Conquering the Aging Face (Session: 3)

Ever wonder how you can battle the signs of aging? Join Dr. Robert Young and learn about microdermabrasion and other medical spa treatments as well as Botox and other new techniques.

Copper Enameling (Parts 1 & 2) (\$) (Sessions: 5/6)

Learn basic techniques of copper enameling while creating a linked bracelet from several separate enameled pieces or a pendant or pin. Cost varies between \$5 and \$12 payable in Arts and Crafts. You must sign up for Part 1 and Part 2 to participate in this class.

Creative Journaling (Sessions: 5 or 6)

Journaling is a relaxing way to make sense of your daily life, to preserve your memories, to explore your talents or to learn more about nature. Your instructor will teach you creative ways to make your journal more than just a bunch of words.

Creativity in Food Presentation (Sessions: 1, 2, 3 or 4)

All chefs agree that people "eat with their eyes," and in this class you will learn to enhance food presentation. You will learn to make flowers, animals and an edible centerpiece from a variety of fruits, vegetables and freshly prepared salad dressings. Parts of this class will be hands-on.

Digital Photography (Sessions: 1, 2, or 3)

Learn how to make the most of using your digital camera to capture the special times in your life. Your instructor will focus on taking better photos and what to do after the pictures have been taken.

Dutch-Oven Cooking (Parts 1 & 2)* (Sessions: 3/4)

Any meal is more exciting when you cook outside in a Dutch oven! This cast-iron cooking pot is as versatile as it is fun. Choose this course and discover a new way to cook many different kinds of dishes. Portions of this class are outdoors. You must sign up for Part 1 and Part 2 to participate in this class.

Fight Like a Girl (Sessions: 2, 3 or 4)

This popular class is back again! Learn how to defend yourself against attackers and how to recognize and avoid dangerous situations.

Financial Management (Sessions: 1 or 2)

Come take part in this financial workshop designed just for women. Learn how to reach your financial goals and how to plan and implement financial management strategies designed just for you.

Free Time (All Sessions)

Select this option if you'd prefer not to be scheduled for a class during one of the six class sessions.

Geocaching (Parts 1 & 2*) (Sessions: 1/2)

Geocaching is modern treasure hunting. Learn how to use a GPS (Global Positioning System) and a map to locate "treasures" hidden around Trout Lodge. Part 2 is held outdoors. You must take Part 1 to take Part 2, but you CAN take Part 1 and NOT take Part 2.

Girl Time with "Buy the Bunch" (\$) (Sessions: 1, 2, 3, or 4)

Join "Buy the Bunch Florists" to learn how to make a scrumptious dessert and a grapevine wreath. This class is great for all skill levels. Create a wreath for all seasons while enjoying a tantalizing drink. Cost is \$20 for a regular wreath, \$30 for a large wreath payable directly to "Buy the Bunch."

Glass Etching (\$) (Session: 5)

Your instructor will teach you the basics of glass etching while you make your own personalized coffee mug. Cost is \$10 payable in Arts & Crafts.

Hip Hop Fitness (Sessions: 1, 3, or 5)

Are you ready for another insane workout? Take the fun factor up a notch with super hot moves that will have everyone wanting more! Learn Hip Hop dance moves while getting a great workout at the same time.

Horseback Riding* (All Sessions)

Join our wranglers for a two-mile winter trail ride designed to show off our beautiful hardwood forest. Please dress warmly because we will not cancel unless the trails are impassable.

Household Organizer (Session: 2)

Organize your life for 2009 with this amazing binder made to keep all of your important dates and information in one spot. Cost is \$20 payable to Arts and Crafts.

Laugh it Up (Sessions: 1 or 2)

Join Jan Castanas and Doreen Kozeny to learn how therapeutic laughter along with good-hearted living is designed to provide a more completely balanced mind-body-spirit program to help you be healthier and happier. Learn to use a systematic method of chuckles, chortles and giggles designed to reduce stress, improve mood and boost attitude without the use of jokes or comedy. Learn 6 simple practices used on a day-to-day basis to prevent "hardening of the attitudes".

Line Dancing (Sessions: 5 or 6)

If you've ever longed to step up and step out at one of those cowboy dance halls, here's your chance to learn a few of the basic moves.

Massage (\$) (see registration form)

Sign up for a relaxing massage on your registration form. To ensure that we are able to schedule your massage, please suggest five different time slots. It may be necessary to schedule your massage during a class session, so make sure you don't request a time during your favorite class. The cost is \$45 for a 45-minute massage, payable directly to the massage therapist.

Meditation Techniques (Sessions: 5 or 6)

Meditation is more than just sitting quietly. Your instructor will help you learn how to achieve a maximum state of relaxation and enjoyment through meditative techniques.

Music & Wine (Sessions: 2, 3, or 4)

Join Katie from Peaceful Bend Winery to discover how music and ambiance can affect the way that wine tastes. It's sure to be an experience you'll never forget.

Nia (Sessions: 1, 5 or 6)

Nia is a softer, low-impact exercise technique focusing on functional and natural movements that provide comfort and protection to the joints and bones as well as cardiovascular conditioning. This class is all floor work and is designed for beginners.

Orienteering (Parts 1 & 2*) (Sessions: 5/6)

Part 1 will focus on how to use a map and compass to navigate. During part 2, you'll go outside with an orienteering map and try your hand at navigating in the woods! Portions of this class are held outdoors, so dress warmly. You must take Part 1 to take Part 2, but you CAN take Part 1 and NOT take Part 2.

Pilates (Sessions: 1, 2, or 3)

Learn the basics of pilates and strengthen your body in this class designed for beginners. This class is all floor work (we strongly recommend that you bring a mat), and requires a moderate level of fitness.

Piloga (Sessions: 4, 5, or 6)

Try this class to experience the fusion of yoga and pilates. This class is designed for all ability levels and will help improve your strength and flexibility. We strongly recommend that you bring your own pilates mat.

Reiki (Sessions: 5 or 6)

Learn about and experience this Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.

Rifle Basics* (Sessions: 3 or 4)

Head out to the rifle range for a chance to learn more about .22 caliber rifles. You'll have the opportunity to handle, load and shoot. This class is held outdoors so please dress warmly.

Salsa Dancing (Sessions: 1 or 2)

Turn up the heat and learn this sensational dance. Get ready to move your hips and find out how fun this dance can be.

Sculpting with Dumbbells (Sessions: 3, 4, 5 or 6)

Join SSM DePaul Health Center to learn the essentials for developing your own weight-training program in a motivating and supportive environment. All ability and fitness levels welcome. Please bring your own pair of dumbbells to class. The weight of the dumbbells should be between 3-8 lbs depending on your current fitness level.

Shotgun Basics (Parts 1 & 2)* (Sessions: 1/2, 3/4 or 5/6)

Familiarize yourself with different parts of a shotgun, learn effective shooting skills, and practice shooting clay targets. We will cover basic concepts of firearm safety. You must sign up for Part 1 and Part 2 to participate in this class. Both sessions are outdoors.

Stained Glass Sun Catcher (Parts 1 & 2) (\$) (Sessions: 1/2 or 3/4)

Learn the basics of stained glass while making your own sun catcher to hang in the window. You will use colored stained glass, and several tools. Cost is \$20 payable in Arts & Crafts. You must sign up for Part 1 and Part 2 to participate in this class.

Summit High Ropes Course (Parts 1 & 2)* (Sessions: 1/2 or 3/4)

Find out how balanced your life is! You'll have a chance to explore the ropes and cables in our high ropes course while up to 40 feet in the air. End your session with an exciting 40-foot rappel to the ground. Dress warmly because this class takes place outdoors and we won't cancel unless we have a severe storm. You must sign up for Part 1 and Part 2 to participate in this class.

Tai Chi Chih (Sessions: 1, 2, 3 or 4)

Tai Chi Chih's purpose is to circulate and balance the chi of the body. During this class you'll learn about the history and philosophy of Tai Chi Chih as well as learn some basic movements. This class requires a low level of physical fitness.

Weight Management (Sessions: 5 or 6)

Whether you want to take off 10 or 100 pounds, you have to start somewhere. Your instructor will cover basic principles of weight loss, debunk fad diet myths, provide helpful suggestions about incorporating exercise into your weight loss plan, and help you take an important step towards a healthy lifestyle.

You Grow Girl (Sessions: 4, 5, or 6)

Join Greenscape Gardens as they provide an overview of landscape design and construction as well as plant selection. They will also discuss care of the land surrounding your home.

Zumba (Sessions: 2, 4, or 6)

Inspired by Latin dance, Zumba creates a dynamic, exciting and effective fitness class. This is one of the hottest new trends in the fitness world. Come see for yourself, 'ditch the routine, join the party!'

Additional Activities

Arts & Crafts

Stop by to create your own work of art! Projects include candles, spa baskets, scrapbooking, stepping stones (Friday evening only, while supplies last), plaster, ceramics, beaded jewelry, copper enameling and more. Costs range from \$1 to \$20. Please note that Arts & Crafts will be closed while classes are in session.

Friday	3:30 pm - 11:00 pm
Saturday	11:45 am - 2:00 pm 4:45 pm - 11:00 pm
Sunday	11:45 am - 2:00 pm

Boathouse

Bicycles, tennis equipment, volleyballs and fishing poles will be available from 11:45 am to 2:00 pm on Saturday and Sunday.

Country Store

Gift items, snacks, drinks, souvenirs, YMCA apparel and Women's Wellness souvenirs will be available at the store.

Facility Tours

Guided tours of the facility will be available at 1:15 pm and 4:50 pm on Saturday.

Fitness Room

The fitness room will be open during times when classes are not in session.

Hiking

Come to the front desk to pick up a copy of our trail map so you can enjoy the great outdoors on a self-guided hike.

Mini-Golf, Horseshoes & Shuffleboard

Equipment for these popular games is available at the Country Store.

Course Registration

Please choose your top four class choices for each session. Most courses with two parts require that you sign up for both in order to participate. Courses with a "\$" require an additional fee. See course descriptions for details on these special requirements.

Course cancellations & changes: Sometimes we have to cancel a course if the instructor unexpectedly cancels or enrollment is insufficient. If you've requested a course that has been cancelled, we will assign you to your next available choice.

Classes with an asterisk () are held outdoors, so please dress warmly! These classes will not be cancelled unless the conditions are very severe.*

Session 1

Sat., Feb. 21 (8:45 - 10:00 am)

1. Aerobic Kickboxing
2. Alpine Tower*
3. Archery Basics*
4. Beaded Jewelry (\$)
5. Creativity in Food Presentation
6. Digital Photography
7. Financial Management
8. Free Time
9. Geocaching (Part 1)
10. Girl Time with "Buy the Bunch"(\$)
11. Hip Hop Fitness
12. Horseback Riding*
13. Laugh it Up
14. Nia
15. Pilates
16. Salsa Dancing
17. Shotgun Basics* (Part 1)
18. Stained Glass Suncatcher (Part 1)(\$)
19. Summit High Ropes* (Part 1)
20. Tai Chi Chih

Session 3

Sat., Feb. 21 (2:00 - 3:15 pm)

42. Aerobic Kickboxing
43. Alpine Tower*
- 44a. Art Clay Jewelry (Part 2)(\$)
- 44b. Batik (Part 1)(\$)
45. Conquering the Aging Face
46. Creativity in Food Presentation
47. Digital Photography
48. Dutch-Oven Cooking* (Part 1)
49. Fight Like a Girl
50. Free Time
51. Girl Time with "Buy the Bunch"(\$)
52. Hip Hop Fitness
53. Horseback Riding*
54. Music & Wine
55. Pilates
56. Rifle Basics*
57. Sculpting with Dumbbells
58. Shotgun Basics* (Part 1)
59. Stained Glass Suncatcher (Part 1)(\$)
60. Summit High Ropes* (Part 1)
61. Tai Chi Chih

Session 5

Sun., Feb. 22 (8:45 - 10:00 am)

83. Aerobic Kickboxing
84. Alpine Swing*
85. Climbing & Beyond* (Part 1)
86. Cold Springs Hike*
87. Copper Enameling (Part 1) (\$)
88. Creative Journaling
89. Free Time
90. Glass Etching (\$)
91. Hip Hop Fitness
92. Horseback Riding*
93. Line Dancing
94. Meditation Techniques
95. Nia
96. Orienteering (Part 1)
97. Piloga
98. Reiki
99. Sculpting with Dumbbells
100. Shotgun Basics* (Part 1)
101. Weight Management
102. You Grow Girl

Session 2

Sat., Feb. 21 (10:15 - 11:30 am)

21. Alpine Tower*
22. Archery Basics*
23. Art Clay Jewelry (Part 1)(\$)
24. Creativity in Food Presentation
25. Digital Photography
26. Fight Like a Girl
27. Financial Management
28. Free Time
29. Geocaching* (Part 2)
30. Girl Time with "Buy the Bunch"(\$)
31. Horseback Riding*
32. Household Organizer
33. Laugh it Up
34. Music & Wine
35. Pilates
36. Salsa Dancing
37. Shotgun Basics* (Part 2)
38. Stained Glass Suncatcher (Part 2)(\$)
39. Summit High Ropes* (Part 2)
40. Tai Chi Chih
41. Zumba

Session 4

Sat., Feb. 21 (3:30 - 4:45 pm)

62. Alpine Swing*
63. Batik (Part 2)(\$)
64. Beaded Jewelry (\$)
65. Body Contouring
66. Cold Springs Hike*
67. Creativity in Food Presentation
68. Dutch Oven Cooking* (Part 2)
69. Fight Like a Girl
70. Free Time
71. Girl Time with "Buy the Bunch"(\$)
72. Horseback Riding*
73. Music & Wine
74. Piloga
75. Rifle Basics*
76. Sculpting with Dumbbells
77. Shotgun Basics* (Part 2)
78. Stained Glass Suncatcher (Part 2)(\$)
79. Summit High Ropes* (Part 2)
80. Tai Chi Chih
81. You Grow Girl
82. Zumba

Session 6

Sun., Feb. 22 (10:15 - 11:30 am)

103. Alpine Swing*
104. Are You a Victim?
105. Climbing & Beyond* (Part 2)
106. Cold Springs Hike*
107. Copper Enameling (Part 2) (\$)
108. Creative Journaling
109. Free Time
110. Horseback Riding*
111. Line Dancing
112. Meditation Techniques
113. Nia
114. Orienteering* (Part 2)
115. Piloga
116. Reiki
117. Sculpting with Dumbbells
118. Shotgun Basics* (Part 2)
119. Weight Management
120. You Grow Girl
121. Zumba

2009 Women's Wellness Registration Form

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Daytime phone: (_____) _____ Evening or cell phone: (_____) _____

E-mail address: _____

- If you would like to take a 2 1/2 - 3 hour horseback trail ride for an additional \$30, please check the box below.
 Friday Bluff Ride, Feb. 20 at 1:00 p.m.

- Would you like to purchase a Women's Wellness hooded sweatshirt for \$28? yes no
 If yes, please choose one of the following sizes: small medium large extra large 2XL

Registration Fee

The registration fee is **\$225 per person**. If you are coming alone and would like a room to yourself, the fee is **\$450**. You must send in a registration form and payment before we will reserve a room.

Roommate Information

Singles: You can reserve a single room for one person for \$450, or you can pay the \$225 registration fee if you agree to have a roommate assigned. If you agree to a roommate, you will not be in a room with more than one other person.

3-4 people: If you are coming with three to four people, you will be assigned to either a guest room with two queen-sized beds or to a loft suite with two queen-sized beds and either a couch or a rollaway.

5 or more people: If you are bringing five or more people as a group, we will assign you to a cabin if one is available. However, if all of our cabins are reserved by the time we receive your registration form, we will assign separate rooms in the Lodge. You can request to be split up into guest rooms in the Lodge if you prefer.

It is helpful, but not required, for roommates to send in all of their registration forms together. Please list the names of roommates, if any:

1. _____ 2. _____ 3. _____ 4. _____

Payment Method

If you are paying for more than one person, please send in all registration forms together and list their names below.

1. _____ 2. _____ 3. _____ 4. _____


Registration fee (\$225 per person or \$450 for a single room) \$ _____

Friday Bluff Ride (optional) (\$30 per person): \$ _____

Hooded Sweatshirt (optional) (\$28 per person): \$ _____

YMCA Member?: Yes (if yes, include copy of membership card)
 No (if no, add \$10 temporary membership fee) \$ _____

TOTAL ENCLOSED: \$ _____

Check enclosed (payable to YMCA of the Ozarks) Charge my credit card    

CC #: _____ Exp. Date: _____ Signature: _____

Cancellation Policy

If you cancel on or before February 1, 2009, a \$50 processing fee will be deducted from each registration fee and the remainder of the fee will be returned to you. Registrants who do not attend and who do not cancel by February 1, 2009 will be responsible for the full program fee.

I agree to accept the conditions set forth in the cancellation policy. (signature required)

Signature

Date

Name (last, first): _____

Session Registration

- Please provide four different choices by placing the number corresponding to the course in the appropriate box below. See previous page for course numbers.
- Each participant must complete a registration form. You may photocopy the form for additional registrations.
- If you have a class you absolutely don't want to miss, let us know and if you've requested it during a session that is full, we will make an effort to assign you to that class in an alternate time slot.

Session	1	2	3	4	5	6
1st choice						
2nd choice						
3rd choice						
4th choice						

Massage Sign-Up

45-minute massages are offered on Friday from 4-10 pm, Saturday from 8 am-12 pm, 1-5 pm, and 6-10 pm, and Sunday from 8-10 am. Massages start on the hour. Choose your first five choices below, identifying the day, date and one-hour block.

Cost of session is \$45 payable to the massage therapist at the end of your massage. **Times are assigned on a first-come, first-served basis.**

Time slots that are not during class times fill up quickly, so please be sure to include times during which sessions are offered. Don't choose times during classes you absolutely don't want to miss!

	1st choice	2nd choice	3rd choice	4th choice	5th choice
Day					
Date					
Time (1-hour block)					

Meal Shift Request

Times listed below indicate time you need to arrive for each meal. Meal Shift requests are not guaranteed. If your requested shift is full, we will assign you to the other shift. If you are coming with friends, we will try to assign everyone to the same mealtime.

- Meal Shift 1 (7 am breakfast - 11:45 am lunch - 5:30 pm dinner)
- Meal Shift 2 (7:45 am breakfast - 12:30 pm lunch - 6:15 pm dinner)

Notes to Us

This is your chance to share information or make special requests regarding your stay.

Send registration forms, information requests and payment to:

Nora Witbrodt, Trout Lodge Program Director
YMCA Trout Lodge & Camp Lakewood
13528 State Hwy AA
Potosi, MO 63664
Fax: 573-438-5752

For Office Use Only

Date received: _____ Confirmation Sent: _____ Check #: _____