



**Winter, 2010 Registration Form for Northwestern Mutual Financial Network**

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Email (print clearly) \_\_\_\_\_

Phones \_\_\_\_\_ (cell) \_\_\_\_\_ (Home) \_\_\_\_\_ (office)

**Fees & Payments** Total Cost \$3,100

Payment: Monthly Electronic Payments of \$130.00 beginning January 15, 2010

Name as it is Printed on Card \_\_\_\_\_

Credit Card Billing Address \_\_\_\_\_

Card Number \_\_\_\_\_ Expiration \_\_\_\_\_

Card Type: \_\_\_\_\_ 3 or 4 Digit Security Code \_\_\_\_\_

Signature \_\_\_\_\_

**Includes:**

- Physical, Psychological, and Lifestyle Assessments
- Training on Mindfulness Meditation
- Expert presenters on eight proven areas of wellness, longevity, and well-being
- 10 group sessions with activities that will help you gain insight as to what will work for YOU to help you break habits that are working against you and to help create lifelong habits that can move you toward health and wellness.
- Personal coaching for 24 months to support you as you are adopting new behaviors and attitudes leading to lifelong habit change



Name: \_\_\_\_\_

All Meetings Will Be Held at the Offices of Northwestern Mutual Financial Network in Schaumburg or in Skokie. Coaching Calls will occur weekly during the 10 weeks of meetings; bi-weekly for the remainder of the 2 years.

**Explain why you want to be in the program:**

**Is there anything that will prevent you from participating fully in this experience (such as scheduling or health issues)? If yes, please explain:**

When are you available for 30 minute weekly coaching calls? Write the days and times where you are available for that call:

Day(s) of the Week \_\_\_\_\_ Time(s) \_\_\_\_\_

Circle the group you will attend:

**Schaumburg**

**Skokie**

*No cancellation fee for cancellations made more than 7 days prior to the Welcome Meeting.*

*Cancellation made between 6 days prior to the Welcome Meeting and one day prior to the Kick-Off Retreat will be charged a \$150.00 cancellation fee.*

*Cancellations up to the 3<sup>rd</sup> week of the Educational Process will be charged a \$500.00 cancellation fee and any cancellation after that point will result in the charge of the full program fee.*

**Mail This Form To:**

The Habit Change Company  
Box 1525  
Deerfield, IL 60015-6008

**Or Fax to:** 847-282-1436

Questions: [cconley@thehabitco.com](mailto:cconley@thehabitco.com) 847-917-1657

Name: \_\_\_\_\_

<b>Schedule</b>	<b>Topic</b>	<b>Place/Time (choose one)</b> Skokie or Schaumburg	
	Welcome Meeting (conference call)	9:00 - 10:30	Conference Phone Call
Wed, Dec 9			
Sat, Jan 16	Kick off Retreat	8:30 - 12:30	8:30 - 12:30
<i>No Meeting Central Regional Meeting Chicago</i>			
	Week 1 Meeting	<b>Schaumburg</b>	<b>Skokie</b>
Wed, Jan 27		7:30 - 10:30	12:30 - 3:30
	Week 2 Meeting	<b>Schaumburg</b>	<b>Skokie</b>
Wed, Feb 3		7:30 - 10:30	12:30 - 3:30
	Week 3 Meeting	<b>Schaumburg</b>	<b>Skokie</b>
Wed Feb 10		7:30 - 10:30	12:30 - 3:30
	Week 4 Meeting	<b>Schaumburg</b>	<b>Skokie</b>
Wed Feb 17		7:30 - 10:30	12:30 - 3:30
	Week 5 Meeting	<b>Schaumburg</b>	<b>Skokie</b>
Wed Feb 24		7:30 - 10:30	12:30 - 3:30
	Week 6 Meeting	<b>Schaumburg</b>	<b>Skokie</b>
Web Mar 3		7:30 - 10:30	12:30 - 3:30
	Week 7 Meeting	<b>Schaumburg</b>	<b>Skokie</b>
Wed Mar 10		7:30 - 10:30	12:30 - 3:30
	Week 8 Meeting	<b>Schaumburg</b>	<b>Skokie</b>
Wed Mar 17		7:30 - 10:30	12:30 - 3:30
	Commencement Retreat	<b>Schaumburg</b>	<b>Skokie</b>
Sat April 10		8:30 - 12:30	8:30 - 12:30