

Please join Holistic Health Counselor  
Nicolette Blanco  
Wednesday, February 28, 2007  
7:30 p.m., in the Huntley Room

for a presentation on

## *Energy for Life*

Enjoy the company of your fellow parishioners  
while learning about simple ways to increase your energy and vitality.

If you'd like to attend but think, "I'm too tired to go out after work on a weeknight,"  
then you definitely need to be there!!

The cost of the workshop is only \$10 and all proceeds benefit First Parish.

About the Presenter: Parishioner Nicolette Blanco, a certified Holistic Health Counselor and graduate of the Institute for Integrative Nutrition, teaches adults and children how to lead healthy and vibrant lives. Her 20 years in the field of healthcare includes employment at the Franciscan Children's Hospital, McLean Hospital, Harvard Pilgrim Health Care, and Massachusetts General Hospital. She recently opened her own practice and offers both classes and individual counseling sessions.

Nicolette has generously offered this program to the Board of Assessors as part of its fundraising effort to balance the 2006/2007 church budget.



### REGISTRATION for the *ENERGY WORKSHOP*

To register: Please print your name and telephone number clearly on this form. Write your check to *First Parish* noting *Energy Workshop* on the memo line and place the check and this form in an envelope marked *Energy Workshop* in the "Assessors" mail slot in the Parish Office.

You may also either hand your registration form and check/cash to an Assessor at the Assessors' table in Scott Hall on Sundays, or mail this form with your check to *First Parish in Framingham, 24 Vernon Street, Framingham MA 01701*. Thank you.

Name \_\_\_\_\_ Telephone \_\_\_\_\_