DANCE-A-THON PLEDGE SHEET

DESCRIPTION

Strong bones are essential to our health. Join us for an evening of: Fun. Cutting-A-Rug: A Dance-A-Thon, Sponsored by: Bones and Balance (B&B). B&B mission is to: educate & empower people to the importance of bone health. B&B founder, Ama Lee is a Yoga teacher, Peer Educator for the American Bone Health Association, a personal trainer, and a healing practitioner.

Dancing is one way to strengthen the bones. This event benefits: iThings2Collard Greens' camp and the 'Zuri Nia - Beautiful Purpose' scholarship fund.

FRIDAY, DECEMBER 16, 2016
7:00 PM – MIDNIGHT

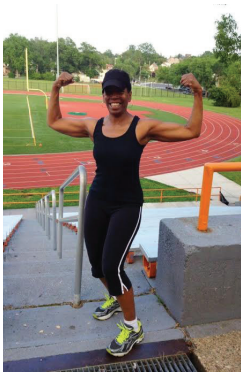
THE DAVIS CENTER
6218 3RD STREET N.W., WASHINGTON DC, 20011

Wear Comfortable Clothing – Don't get fancy, just get dancey!
Food & Drinks Available • 50/50 Raffle

Prizes for dancer with most & the highest pledges
Pledge forms available at: ithings2collardgreen.org

BENEFIT FOR:

Arts for Our Children, Inc.
"iThings 2 Collard Greens"
Summer Camp for Girls



'Zuri Nia - Beautiful Purpose' scholarship fund

SPONSORED BY:

BONES & BALANCE

MOVEMENT *with* PURPOSE

DANCE-A-THON PLEDGE SHEET

REGISTRATION FORM & WAIVER

Participant's Name: _____

Address: _____

_____

City: _____ State: _____ Zip: _____

Telephone: _____ Cell Phone: _____

EMERGENCY CONTACT

Name: _____ Relationship: _____

Telephone: _____ Cell Phone: _____

WAIVER

In consideration of the acceptance of this entry, I hereby, for myself and my heirs, executors, and administrators, waive any and all rights, claims for damages I may have against the event organizers, all event sponsors, and all individuals associated with the event. None of the above are responsible for the loss of personal items, or any form of aggravation in connection with event. I understand that I must be in good physical health to participate and do not hold event organizers liable for any problems associated with my physical condition. In filling out this form, I acknowledge I have read and fully understand my own liability and do accept the restrictions. We agree that the participant code of conduct and terms of participation in the Dance-AThon are important to the safety and well being of all participants. We agree to abide by these rules and the terms of participation and to conduct ourselves accordingly.

Full Name (Please print): _____

Signature: _____ Date: _____

DANCE-A-THON PLEDGE SHEET

PARTICIPANT'S SPONSORS

#	PLEDGE AMOUNT $5 $10 $15 $20	SPONSOR'S NAME & ADDRESS (FULL NAME, STREET, CITY, STATE, ZIP)	TOTAL DONATION
1			
2			
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PARTICIPANT'S SPONSORS

#	PLEDGE AMOUNT $5 $10 $15 $20	SPONSOR'S NAME & ADDRESS (FULL NAME, STREET, CITY, STATE, ZIP)	TOTAL DONATION
23			
24			
25			
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THANKS FOR YOUR SUPPORT!

Participant's Signature: _____

Total Collected: _____