



Photo Release

I, the undersigned, give the Arc of Greater Plymouth organizers my permission to use a photograph of me/my ward's likeness in television, radio, film, newspaper, magazines and any other media in connection with the Respite/ Family Support Program.

This release will expire in one year.

Signature

Date

Liability Waiver

I agree to assume all responsibility for all risk, damage or injury that may occur to me as a participant in this activity/ event. In consideration for being accepted as a participant, I hereby for myself, my heirs, executors and administrators, release and discharge The Arc of Greater Plymouth, the sponsors associated with this event, the staff, and volunteers from all claims, damages, rights of action, present and future, whether the same be known, anticipated or unanticipated, resulting from or arising out of, or in incident to, my participation in this event. I grant permission to be medically treated and receive emergency services at a local hospital. I also grant permission for the use of my name, picture, and or videotape in any broadcast, photograph or other account of this event.

Signature of Parent or Guardian

Locations

Plymouth South High School

The Arc of Greater Plymouth

52 Armstrong Road
Plymouth, MA 02360

Developing Partnerships. Enriching Communities.



Health and Beauty

Renew your
Beauty



Ages 16 and Up

Refresh and Renew

10 students maximum

Mondays Feb 9 — Mar 9, 2015

**Times and Locations
enclosed inside**

Please Contact:
Jill O'Reilly
508-732-9292 ext. 133
jillo@thearcofgp.org

Health and Beauty Class
Mondays, Feb 9 — March 9, 2015
Times and locations listed below

The Arc of Greater Plymouth along with Plymouth South Cosmetology Department and Joseph Witt Salon has partnered to offer this great 4 week course. During these 4 weeks we will learn the skills on how to feel and look our very best. Inside and Out. We will focus on skin, hair and nail care and healthy eating and exercise.

Week 1: Skin Care and Cleansing/ Review & Renew (Feb 9, 2015)

This class we will focus on taking care of our skin during the cold months. We will learn the best cleansing/moisturizing regimen for our skin types. We will renew our winter skin for a healthy beautiful glow. **(Location—PSHS 3:30 pm—5:30 pm)**

Week 2: Let's Rock your Body / Healthy dinner (Feb 23, 2015)

This class we will focus on keeping our bodies in motion and staying healthy while having fun. We will learn that exercise can be fun and keeping our bodies active will make us feel happier and healthier. Karen Rich Rock your Body instructor will be teaching our class. Please wear sneakers and workout clothes. After exercising we will make a healthy dinner / salad bar and enjoy dinner together. **(Location—The Arc—52 Armstrong Road 4:00 pm— 6:30 pm)**

Week 3: Manicures / (March 2, 2015)

This class we will be going to a nail salon to have professional manicures.
(Location— Drop off -The Arc—52 Armstrong Rd. 3:30 pm - pick up—The Arc

Week 4: (March 9, 2015)

This class we will be taking a trip to Joseph Witt Salon in Mansfield, MA. We will be having our hair washed and styled and learn the best ways to keep our hair looking the best. We will go to dinner feeling and looking our very best.

Please Send Registration to:

The Arc of Greater Plymouth
52 Armstrong Road
Plymouth, MA 02360
Attn: Health and Beauty Class

Name: _____ Age: _____

Parent/Guardian: _____

Phone: _____

Cell Phone: _____

Email: _____

Address: _____

Favorite Color _____

Health and Beauty class \$60.00

Enclosed \$ _____

**Please Sign Photo Release &
Liability Waiver**

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