

## Registration for the StressCare Basic 8-Week Course

**Please provide all the information requested on this form and send it with your payment of \$495 to the StressCare Business Office, 588 59<sup>th</sup> Street Apt 3, Oakland, CA 94609. Make out your check to StressCare. Please keep a copy of this completed form.**

For cancellations received at least two weeks prior to the first class meeting, all but \$25 will be returned; thereafter the fee is non-refundable. Each participant is responsible for timely payment of the fee. Some health insurers may provide partial reimbursement of your cost. Ask your insurer about their policies and procedures. StressCare does not bill insurance companies, but we'll be glad to provide you with a detailed receipt if requested.

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: Day: \_\_\_\_\_ Evening: \_\_\_\_\_

E-mail (please write clearly): \_\_\_\_\_

Office Date Rec'd _____ Chk# _____ Amt _____ Ack Ltr Sent _____
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**Which course do you wish to attend in 2012? Please check below:**

### Winter 2012

<input type="checkbox"/> <b>Berkeley 1</b>	Jan.24 – Mar.20	Tues. eve.	7:00PM - 9:30PM	also meets Sat. 3/10 10AM-4PM
<input type="checkbox"/> <b>Berkeley 2</b>	Jan.25 – Mar.21	Wed. morn.	10:00AM - 12:30PM	also meets Sat. 3/10 10AM-4PM
<input type="checkbox"/> <b>Orinda 1</b>	Jan.26 – Mar.22	Thurs. eve.	7:00PM - 9:30PM	also meets Sat. 3/10 10AM-4PM
<input type="checkbox"/> <b>WCreek 1</b>	Jan.23 - Mar.19	Mon. morn.	10:00AM - 12:30PM	also meets Sat. 3/10 10AM-4PM
<input type="checkbox"/> <b>WCreek 2</b>	Jan.26 – Mar.22	Thurs. eve.	7:00PM - 9:30PM	also meets Sat. 3/10 10AM-4PM
<input type="checkbox"/> <b>WCreek 3</b>	Jan.27 - Mar.23	Friday eve.	7:00PM - 9:30PM	also meets Sat. 3/10 10AM-4PM

### Spring 2012

<input type="checkbox"/> <b>Berkeley 1</b>	April 17 – June 12	Tues. eve.	7:00PM - 9:30PM	also meets Sat. 5/2 10AM-4PM
<input type="checkbox"/> <b>Berkeley 2</b>	April 18 – June 13	Wed. morn.	10:00AM - 12:30PM	also meets Sat. 5/2 10AM-4PM
<input type="checkbox"/> <b>Orinda 1</b>	April 19 – June 14	Thurs. eve.	7:00PM - 9:30PM	also meets Sat. 5/2 10AM-4PM
<input type="checkbox"/> <b>WCreek</b>	April – June	TBA	TBA	also meets Sat. 5/2 10AM-4PM

### Summer 2012

<input type="checkbox"/> <b>Berkeley 1</b>	July 17 – Sept.11	Tues. eve.	7:00PM - 9:30PM	also meets Sat. 9/8 10AM-4PM
<input type="checkbox"/> <b>Berkeley 2</b>	July 18 – Sept.12	Wed. morn.	10:00AM - 12:30PM	also meets Sat. 9/8 10AM-4PM
<input type="checkbox"/> <b>Orinda 1</b>	July 19 – Sept.13	Thurs. eve.	7:00PM - 9:30PM	also meets Sat. 9/8 10AM-4PM
<input type="checkbox"/> <b>WCreek</b>	July – September	TBA	TBA	also meets Sat. 9/8 10AM-4PM

### Fall 2012

<input type="checkbox"/> <b>Berkeley 1</b>	Sept.18 – Nov.13	Tues. eve.	7:00PM - 9:30PM	also meets Sat. 11/3 10AM-4PM
<input type="checkbox"/> <b>Berkeley 2</b>	Sept.19 – Nov.14	Wed. morn.	10:00AM - 12:30PM	also meets Sat. 11/3 10AM-4PM
<input type="checkbox"/> <b>Orinda 1</b>	Sept.20 – Nov.15	Thurs. eve.	7:00PM - 9:30PM	also meets Sat. 11/3 10AM-4PM
<input type="checkbox"/> <b>WCreek</b>	Sept – November	TBA	TBA	also meets Sat. 11/3 10AM-4PM

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<b>Locations:</b>	<b>Berkeley:</b>	<b>1</b> Tuesday evening:	2001 Dwight Way (Herrick Hospital)
	<b>Berkeley:</b>	<b>2</b> Wednesday morning:	2001 Dwight Way (Herrick Hospital)
	<b>Orinda:</b>	<b>1</b> Thursday evening:	140 Brookwood Rd., Ste. 201
	<b>Walnut Creek:</b>	<b>1</b> Monday morning:	399 Wiget Lane (St. Matthew Campus)
		<b>2</b> Thursday evening:	3100 Oak Road, Ste. 201
		<b>3</b> Friday evening:	399 Wiget Lane (St. Matthew Campus)

### How did you learn about StressCare?

\_\_\_ Referred by my physician Dr. \_\_\_\_\_ Address \_\_\_\_\_

\_\_\_ Friend, family member, or colleague \_\_\_\_\_

\_\_\_ Website or other \_\_\_\_\_

### Commitment:

I agree to participate in this course to the best of my ability, including attending all weekly classes and the all-day session; doing the home assignments (about one hour daily), and participating in class as appropriate.

Your signature \_\_\_\_\_ Date \_\_\_\_\_