



Lighten Up Forever

A Faith-Based Approach to Lifestyle Change



Please print out this form.

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-Mail: _____ Phone: (_____) _____

DESCRIPTION	AMOUNT	PRICE / ITEM	COST
<i>Lighten Up</i> Program Book (155 pages)		X \$25 =	\$
<i>Lighten Up</i> Introduction & Weekly Nutrition Video (65 mins)		X \$30 =	\$
Postage and Handling		X \$6	\$
Tax deductible donation			\$
<input type="checkbox"/> Please tell me how to start <i>Lighten Up</i> in my church.			
TOTAL:			\$

Make check(s) payable to "Lighten Up."

Please **do not** send cash. *Thank you!*

Item(s) will be shipped out upon reception of this order form and check(s).

Order form and check(s) should be mailed to:

**Lighten Up
At Saint James Church
1872 Camp Road
Charleston, SC 29412**

FOR OFFICE USE ONLY.

Money received

Order sent

Director Signature

Date