A *Stepping Into Health* Program

Getting to the Guts of What Matters

Getting to the Guts of What Matters is a 6-week program specifically designed for people who experience gut-related difficulties stemming from functional bowel conditions (e.g., Irritable Bowel Syndrome) or inflammatory bowel diseases (e.g., Crohn's disease or colitis).

Registering for the program indicates your commitment to attend the program's six sessions and to make regular use of the practice exercises which are introduced to you each week during the program's sessions.

The cost of the program is $360 and is due in full <u>prior</u> to the start of the program. Registration for each program is limited to 15 participants. Receipt of the fee for the program is needed to reserve your spot in the program. When you register for the program you are reserving one of the available openings. Therefore, once registration is received, the fee for the program is not refundable, but the feet can be applied toward enrollment in another sequence of the program.

Insurance coverage may reimburse you for a portion of the program's cost. My office can assist you to file a claim with your health insurance provider. Please contact my office at **Partners in Healing** at **763-546-5797** for more information.

Registration Form - Getting to the Guts of What Matters

Your Name: Date of Birth:

Address:

City, State, Zip   Phone No:

Email Address:

Signature: Today's Date:

This form can be completed and submitted electronically, printed and faxed to my office **(763-546-5754)**, mailed to my office (address below), or brought to the first session.

Thank you for your interest in **Getting to the Guts of What Matters**. I look forward to meeting you and to working with you as take this important step into greater health.

David Alter, PhD

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