

如果您想成为西北健身气功俱乐部的会员, 请填写下一页的登记表并将表格提交给您的气功协调员或西北社区发展理事会。

- 减少焦虑
- 舒缓情绪和增进平衡力
- 减缓骨质流失的速度
- 降低血压

欢迎加入并享受以下的福利:

欢迎加入我们!

To become a member of North West Health Qigong Clubs, simply complete the registration form on the back page and submit to your Qigong coordinator at the nearest club or to North West CDC.

- Decreases anxiety
 - Slows down the rate of bone loss
 - Improves mood and balance
 - Reduces blood pressure
- Come join us and enjoy the following benefits:

Join Us!



Join North West Health Qigong Clubs



- FREE Registration!
- FREE T-shirt!

Name (姓名) (DR/Mr/Mrs/Ms/Mdm): _____
Gender (性别): Female/ Male Race (种族): _____ NRIC/ FIN No (身份证/工作准证): _____
Date of Birth (DD/MM/YY) (出生日期): _____ Nationality: Singaporean / PR / Foreigner
Address (地址): _____
Postal Code (邮区): _____ Email (电子邮件): _____
Tel (H) (住家电话): _____ HP (手机): _____

Are you an existing member of the Brisk Walking Clubs? (你是轻快步行俱乐部会员吗?) Yes/No*

Adult T-shirt Short Sleeve 成人T-恤短袖

Size 尺码:

XS S M
 L XL XXL XXXL*

Adult T-shirt Long Sleeve 成人T-恤长袖*

Size 尺码:

S M L
 XL XXL

Kid's T-shirt 孩童T-恤 (Short Sleeve only 只限短袖)

Size 尺码:

M L XL*

All mandatory fields are to be written in English or Han Yu Pin Yin (所有资料都得用英文或汉语拼音填写)

* please delete accordingly (* 请个别删除)

Note: Upon registering as a North West Health Qigong Clubs member, you have also agreed to join the North West Brisk Walking Clubs.

注: 一旦成为西北健身气功俱乐部会员, 你已同意自动加入西北轻快步行俱乐部成员。

Disclaimer:

Upon registering as a North West Health Qigong Clubs member, I hereby declare that I will not hold North West Community Development Council, People's Association or Qigong Shi Ba Shi Association (Singapore) liable for any loss/damage; injury or death; misconduct incurred during my participation in their activities and services.

免责声明:

一旦成为西北健身气功俱乐部会员, 在参与中心活动时, 如有任何失窃/损失, 伤亡, 我本人将不会向西北社区发展理事会, 人民协会或气功十八式协会追讨责任或法律诉讼。

For more enquiries, please contact your coordinator or go to: www.northwestcdc.org.sg

如需更多详情, 请向你的协调员询问或网站 www.northwestcdc.org.sg

Applicant's Signature/Date