



2010 L.I.T.E. Volunteer Application

The *Sisters in the LITE* program is administered through *The Center Helping Obesity In Children End Successfully, Inc., (C.H..O.I.C.E.S)* and currently seeking program volunteers. There will be two program sites offered in the first quarter of 2010. The Frederick Douglass High School Workshop series is from January 23, 2010 – February 27, 2010. We meet on Monday, Tuesday and Saturday at the School.

Name: _____

Home Address: _____

Home Telephone: _____ Cellular Telephone: _____

Telephone Work: _____ Email Address: _____

What are the best times for you to volunteer? Please check the times you prefer:

- Mon. 3:30pm – 5:30pm Tues. 3:30pm – 5:30pm Thurs. 3:30pm – 5:30pm

What are the workshop areas that you would like? Please check the areas you prefer:

- Nutrition Assistant Motivational Speaker Fitness Class Teacher

The *Sisters in the LITE* program is designed to be an uplifting experience for everyone who participates. Please fax a copy of this form to The Center Helping Obesity In Children End Successfully, Inc. (C.H.O.I.C.E.S.) at (770) 850-1236. Please give us a call at (678) 819-3663 or via email at info@choicesforkids.org if you have any questions. Thank you for caring and sharing!

