



**3239 Sunset Boulevard
West Columbia, SC 29169
Phone: (803) 791-2113
Fax: (803) 791-2299**

Refund Policy

NO Refunds will be issued. There is a \$25 Transfer Fee to transfer your paid registration to another course offering; transfer requests must be received within 48 hours before the course begins.

In the event that Health Directions cancels or postpones a course, registered participants will be notified, their registrations will automatically be applied to the next available date, and the Transfer Fee will be waived.

Check for refund policies specific to YogaFit and TRX courses on their websites.

Course Registration

Visit www.yogafit.com to register for YogaFit courses.

Visit www.trxtraining.com to register for TRX courses.

Visit www.lmhealthdirections.com/workshops-clinics for information regarding the following Health Directions training and development courses:

- American Heart Association CPR class Kettlebell Clinic 2: Doubles
- Communication is Crucial: Cultivating leadership, creating successful teams, building communities
- Flex, Jab & Flow: Incorporating strength, focus and flexibility into one powerful workout

Participants must also fill out and send in our Registration Form for Health Directions courses (available at www.lmhealthdirections.com/workshops-clinics). Please turn in through one of the following methods:

- **Fax** to (803) 791-2299, attn: Tanailyn Pernell
- **Email** to twpernell@lexhealth.org
- **Mail** to Health Directions, 3239 Sunset Blvd, West Columbia, SC 29169

Registration deadlines are the Monday before the course unless otherwise posted. A **confirmation email** will be sent out to all registered participants the Tuesday before the course for which they have registered with final details and information.

Times subject to change. Please check the confirmation email sent out the week of the course for final course schedule.