

“Bring a Friend to Fitness”

Berkshire Health Group Wellness Incentive



Bring a friend to a BHG fitness class who has never attended before and receive a \$25 Hallmark Gift Card to *(Limit 5 per location)*

Complete the “Bring a Friend to Fitness” Incentive Form and return to your wellness champion in order to receive your gift card.

Studies show that it is better to model someone in your social environment than be told what to do by outside resources.

Be a good influence on your friends and introduce them to the free BHG fitness classes you already enjoy!

Questions? Contact:

Beth Piantoni

BHG Wellness Coordinator
(413) 445-9327

epiantoni@bhs1.org





“Bring a Friend to Fitness” Incentive Form

Instructions:

- 1) Bring a friend to a BHG fitness class who has never attended before (your friend must also be a BHG member).
 - 2) Complete the form below with your information.
 - 3) Ask the class instructor to sign and certify that you and your friend attended class.
 - 4) Return this form to your location’s wellness champion or Beth Piantoni by email at epiantoni@bhs1.org, by mail at 165 Tor Ct. Pittsfield, MA or by fax at (413) 395-7653
- 1) You will receive your \$25 Hallmark Card! (Limit 5 per location)
-

To be completed by the incentive participant:

BHG Location _____ Class _____ Date _____

Name _____ Phone # _____

Email _____ Location _____

Friend’s name _____ Phone # _____

Email _____ Location _____

To be completed by the instructor:

I certify that the incentive participant and friend participated in class, and to the best of my knowledge the friend has never attended class before.

Instructor’s Signature

Date

To be completed by the Wellness Champion or Coordinator:

- 1) Verify that to the best of your knowledge the friend has never attended a BHG fitness class.
- 2) Return this completed form to Beth Piantoni
- 3) Deliver gift card to incentive participant.

Wellness Champion’s or Coordinator’s Signature

Date

Questions? Contact BHG Wellness Coordinator, Beth Piantoni at epiantoni@bhs1.org or (413) 445-9327