

# AWARENESS. ALIGNMENT. ACTION.

Break Old Patterns.  
Create New Possibilities!



## *The Mind & Body Connection*

Dr. Christine Moore • Moore Wellness    Misty Cogdill • Letterology

90-Minute Class + Q&A

## Participant Event Form

November 17, 2026 | 6:30-8:00 PM CST

6200 Chase Oaks Blvd., Suite 104, Plano, TX 75023

**Name**

**Date**

**Phone number**

### **YOUR QUESTION OR INTENTION**

What is one question you have, or one intention you hope to take away from attending this event? Please provide at least one response.

**Please sign here.**

1. Complete and sign the fillable PDF, then email it back.
2. Print, sign, scan and email it back.