

# NHL's Brian Pothier, D.A. Sam Sutter and Miss New Bedford join forces at 4th Annual Free Family Fitness and Fun Day!

## FREE FAMILY FITNESS & FUN DAY

"LIVE BETTER, LIVE STRONGER, BUILD FAMILIES"

Sponsored by University of Massachusetts Dartmouth &  
Bristol County District Attorney Sam Sutter's Office

**Saturday March 15, 2014**  
**12:00-4:00pm**

**UMass Dartmouth's Tripp Athletic Center**  
285 Old Westport Road North Dartmouth

***Special Guest Speaker***  
***Former NHL Defenseman & UMD***  
***Ice Hockey Coach Brian Pothier***

*Free Food  
Free Gifts  
Raffle Items  
& More!!*

- *Full Zumba Class Station*
- *Free Health Screenings by South Coast Mobile Health Services*
- *Fun Obstacle Course & Boot Camp with Umass Fitness Team*
- *Yoga Stretch and Stress Relief*
- *Nutrition & Cooking Demo with Umass Dining Services*
- *Free Spine & Subluxation Screenings by Chiropractic USA*
- *Resource Section / Informational Tables and Much More*

***Start a New Way of Living, Don't Miss Out!!!***  
***Free Sports Bag with Fitness & Nutrition Packet***

Register today at [BristolDa.com/DA/Events.htm](http://BristolDa.com/DA/Events.htm) or contact Brian Rose at the Bristol County D.A. Office at:  
508-961-1972 or email at [Brian.Rose@state.ma.us](mailto:Brian.Rose@state.ma.us)

*Zumba, CrossFit, obstacle course, and free stuff!*

It's that time of the year again – UMass Dartmouth and District Attorney Sam Sutter will be conducting their 4th annual Free Family Fitness and Fun Day!

On Saturday March 15th, I will lead the Fitness and Fun Day with members of the UMass Dartmouth Fitness and Nutrition Team and other members of the DA's office. This clinic will run from 12-4pm at the new UMass Dartmouth Tripp Athletic Center, 285 Old Westport Rd in Dartmouth. The clinic will include many different fitness stations, such as CrossFit, Zumba, an obstacle course, nutrition/cooking demonstration with free food, free give-a-ways and much more!! These stations are designed for beginners to all-stars, with a fun and exciting atmosphere. If the weather cooperates, there is also a campus walk planned for those who enjoy walking.

Also joining us will be former NHL Defenseman Brian Pothier and Miss New Bedford Jillian Zucco! We look forward to seeing you at our free family event!

Please fill out the registration form in its entirety and either drop off, mail, email or fax to the DA's office. Please feel free to pass this information along!

**Website:** [bristolda.com/](http://bristolda.com/)

**Facebook:** [facebook.com/BristolCountyDistrictAttorney](https://facebook.com/BristolCountyDistrictAttorney)

**Twitter:** [twitter.com/DASamSutter](https://twitter.com/DASamSutter)

# FREE FAMILY FITNESS AND FUN DAY

## DA Sam Sutter's Office and UMASS Dartmouth

All Registration Forms **MUST** be **MAILED, FAXED** or **RETURNED** to the following location:

District Attorney's Office  
Attn: Brian Rose  
888 Purchase St, New Bedford MA 02740  
(508) 991-7641 Fax

Name: _____ Age: _____ Address: _____ City: _____ State: _____ Zip Code: _____ Telephone #: (     ) _____ Email: _____	<b>Other Family Participants:</b> Name: _____ Age: _____ Name: _____ Age: _____ Name: _____ Age: _____ Name: _____ Age: _____
<b>***Media Release***</b> I give permission for photographs, audio tape recordings and video recordings taken of my family members at the Free Family Fun Day sponsored by the Bristol County District Attorney's Office and UMASS Dartmouth, can be used by the Bristol County District Attorney and UMASS Dartmouth for publicity purposes.  X _____ Date _____ Signature of Parent or Guardian	
<b>SPACE IS LIMITED !!!!!</b> Please note: Transportation to and from the clinics is not provided. All parents and children are responsible for securing their own transportation to and from the clinics.	
<b>March 15, 2014</b> 12pm-4pm Check In Starts at 11:30am <b>UMASS Dartmouth Tripp Athletic Center</b> 285 Old Westport Road, Dartmouth MA 02747  <b>**All Participants must be Accompanied**</b> <b>by an Adult; Athletic Shoes &amp; Attire Required</b>	<b>***Important!***</b> <b>Please read the following carefully and sign below.</b>  In consideration of recreational services provided by the Massachusetts District Attorney for the Bristol District, C. Samuel Sutter, individually and/or in his official capacity, his employees or volunteers (hereinafter "provider"), along with UMASS Dartmouth employees and agents as their interest may appear, I agree to hold harmless, release and/or discharge said provider from any and all injury past, present or future, any past, present or future claim, or potential claim as a result of any negligent act, willful or wanton negligent act or intentional act by any third party known or unknown, foreseen or unforeseen, anticipated or unanticipated. I further agree to indemnify said provider for any and all loss incurred by said provider as a result of any and all claims made as a result of my participation in the services made available by the provider.  <b>*I have read and understood all of the information presented*</b> Parent/Guardian Name: _____ (Please print.) Signature: _____ Date: ____/____/____
Parent/Guardian Signature: _____  For more information, please contact Brian Rose at the Bristol County DA's Office, at (508) 961-1972. Confirmation email to follow once registration form is received.	

Click to enlarge and print out