

The EZ EXCHANGE

A Voluntary Clothing Swap

Weight loss and regular exercise can lead to an enviable problem: you now have clothes that you can no longer wear. Where to find new clothes in different sizes? What to do with clothes that no longer fit? How to avoid spending money on clothes that may have a short usable “life” while your weight and body shape change as you transition through Continuation? We suspect that you may benefit from clothes that no longer fit someone else—and that there is another person who can now use clothing that you can no longer wear.

Consider participating in the EZ-EX or EZ Exchange, an informal clothing swap. The EZ EX is located at the end of the “squat hall” and already boasts several racks of clothes, reading for swapping. While we may not always have something in every size, we hope that there will always be something for someone. ***Even when the lights are off and the door closed (for safety during exercises conducted on the “squat” hallway), you are always welcome to open the door, turn on lights, and see what is available. Come on in. The EZ EX is always open for inspection!***

Interested participants (yes, that means men and women) can join the clothing swap when they bring in cleaned, pressed, gently “pre-used” clothing...the “good” stuff such as work wear (suits, jackets, sweaters, dresses, slacks), nice casual, or workout gear--items that you know are too good to throw away or give away. For logistics, we do ask you to register at your first contribution (use the bottom of this form or registration cards on the table in the EZ EX room). Leave completed form at the bottom of this sheet with your donation and you are on your way.

We will go through your clothing and tag/label them for display. We reserve the right to separate out questionable donations (items that are stained, soiled, or frayed). When you find an item that you want to take home, “sign out” your find and leave its hanger tag your on the EZHI log sheet. While the EZ EX functions on an honor system, the log sheet will allow us to keep up with the ebb and flow of clothing. And, yes, if and when you decide you can no longer use your EZ EX clothing, please bring the items back (cleaned and pressed, please)!

Interested? Bring in your donations and sign up today by using the registration form below. And yes, please leave the registration card with your donated clothing! Questions? Contact Lori Gardner (home evenings/741-7927, work days/282-5590 if you don’t see her at EZHI).

 Name _____

I voluntarily donate the following clothing items to the EZ Clothing Exchange and release the Easterling Zacharias Health Institute from responsibility of same. I also permit the EZ Clothing Exchange to dispose or donate any unclaimed items one year from this date.

Description of Donated Items	name	Size	date # Items