

# Stress Management & Healthy Living

## Pocket Sliders

### Blood Pressure

Informative slide chart that defines blood pressure and outlines the causes of high blood pressure.

Tips for eating heart smart, information on symptoms, who is at risk, medications, lifestyle changes, exercise, stress and much more.

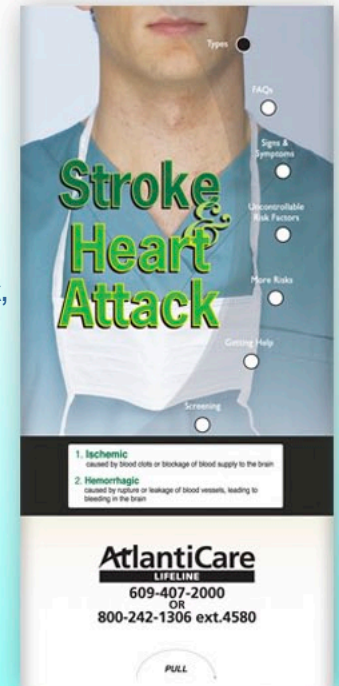
Available in both English & Spanish versions

- Help Answer some of those FAQ's
- Educate and Inform Patients
- Promote Health & Well-Being

### Stroke & Heart Attack

There are many factors that affect the heart. Taking small measures will greatly improve overall well-being.

Discusses different types of stroke, signs, symptoms and risk factors. Also detailed are facts on heart attack, its causes, treatment and much more.



### Senior Health and Safety

Just for Seniors! Staying fit, staying healthy and enjoying life while getting older.

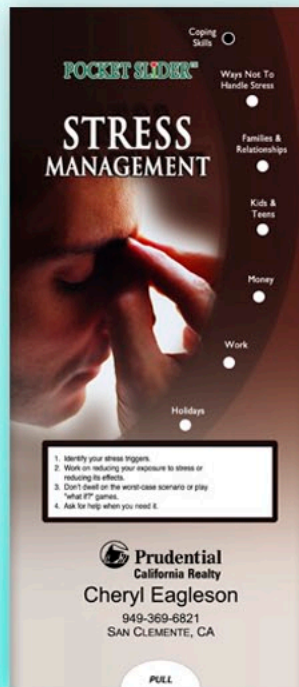
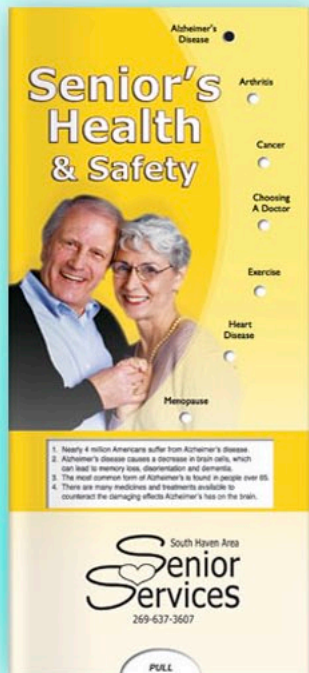
Topics such as exercise, staying active, safety tips, choosing a doctor, arthritis, and other diseases as well as an extensive section on eating right. Includes a checklist for Healthy Living.

### Stress Management

Stress is defined as how your body reacts to different situations or events.

Identifies stressful situations and coping mechanisms, as well as the importance of a good night's sleep, exercise, diet & nutrition, and laughter.

“Good” & “Bad” Stress are both defined.



Pricing for all Styles

	300	500	1000	2500	5000
1 Color imprint	.64	.60	.53	.48	.43
2 Color imprint	.79	.75	.67	.62	.54

Set-up charge: \$35.00 (1color imprint) \$70.00 (2 color imprint)