

Special Offer...Order Today >>>

NOW ONLY \$2.95 PER COPY!
(FOR ORDERS OF 2+ COPIES)

The Culprit & The Cure

Why lifestyle is the culprit behind America's poor health and how transforming that lifestyle can be the cure.

As Americans struggle to eat healthy foods, be physically active, avoid chronic diseases, and control body weight, this book acts as a life-line...a beacon of scientific truth and a practical plan for change.

The Culprit & The Cure Truly Transforms The Lives of Readers As They:

- ▶ Learn how life span and the risk of chronic diseases are determined by lifestyle choices
- ▶ Understand how science has solved much of the good health puzzle
- ▶ Achieve and maintain a healthy weight for life
- ▶ Begin and maintain a habit of regular exercise and good nutrition
- ▶ Experience health and quality living in ways they never thought possible

The Soft Cover Culprit & The Cure Is The Perfect Incentive For Your Employees!

- Health Fairs
- HRA Incentives
- New Employee Orientation
- National Employee Health and Fitness Day
- Lunch 'n' Learns
- Fitness Club Members
- Behavior Change Campaigns

This book can do more to improve well-being, now and for years to come, than the best available medicines.

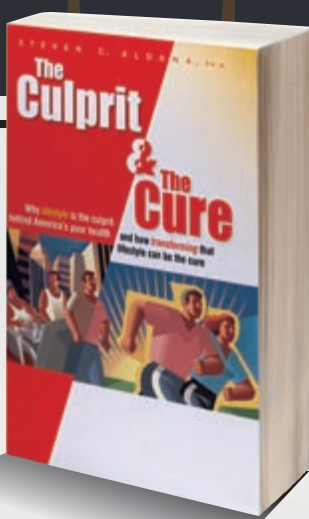
— Walter C. Willett, MD
Chair of Nutrition
Harvard School of Public Health

If you're looking for the path that leads to a long and healthy life, the definitive map is between the covers of this book! Brilliant!

— David Hunnicutt, PhD
President
Wellness Council of America



Ordering Information On Back >>>



ORDER MORE THAN ONE COPY AND SAVE!

Quantity	Your Cost Per Book	
1	\$14.95	\$9.95
2-9	\$7.95	\$2.95
10-99	\$5.95	\$2.95
100-999	\$4.95	\$2.95
1,000-2,500	\$3.95	\$2.95
2,500+	Call for Quote	866-732-3843

TO PLACE YOUR ORDER:



Mail your order with a check or credit card information to:

WELCOA
9802 Nicholas St. - Suite 315
Omaha, NE 68114



Call us directly with your billing information to:
(402) 827-3590

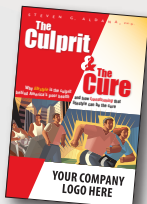


Fax your order with your credit card or purchase order information to:
(402) 827-3594



Access our e.Store and place your order via the web:
www.welcoa.org/store

All orders of \$100 or less require a credit card or payment by check in advance.



PERSONALIZATION:

Front cover only.
 \$59 One-time setup fee.

	500-999	1,000+
▶ 1-Color	\$.45/book	\$.35/book
▶ 2-Color	\$.60/book	\$.40/book
▶ Full-Color	\$.85/book	\$.55/book

MAILING OPTIONS:

- Direct Shipment (Allow 2 weeks for delivery)
- Home Mailing (Call for quote)

Your Preferred Client ID is: ESTORE

ITEM	QTY	PRICE	TOTAL
The Culprit & The Cure	_____	_____	_____

Subtotal _____

Shipping & Handling (\$10.00 minimum or 10%)
 For larger quantities, additional S/H charges may apply _____

Sales Tax
 (NE residents only add 7%) _____

TOTAL _____

Please allow 7-10 business days for delivery

BILLING INFORMATION:

Purchase Order Number _____

Credit Card: VISA MasterCard American Express

Credit Card # _____

Exp. Date _____

Signature _____

SHIP TO:

Company Name _____

Contact _____

Address _____

City/State/Zip _____

Phone _____

Fax _____

E-mail _____

BILL TO: (if different from shipping address)

Company Name _____

Contact _____

Address _____

City/State/Zip _____

Phone _____

Fax _____

E-mail _____