

Eat Right For Life

YOUR COMMON SENSE GUIDE TO EATING RIGHT AND LIVING WELL

By Ann G. Kulze, MD

SPECIAL OFFER
INTRODUCTORY PRICE
\$3.95 PER COPY (for orders of 2+ copies)



"Dr. Ann's approach to helping America make better food choices is above reproach. To be sure, we couldn't have asked for a more qualified, more thoughtful, and more plugged-in perspective than Dr. Ann's."

David Hunnicutt, PhD
President, WELCOA

With *Eat Right For Life*, your employees will learn powerful tips and strategies to help them eat the foods that will keep them healthy. By reading this book your employees will:

- * Gain expert guidance on how to choose the right fats.
- * Learn which carbs will keep them moving forward and which ones will hurt them.
- * Maximize the power of fruits and vegetables by zeroing in on the right ones.
- * Learn which protein sources are best for them and their health goals.
- * Discover and understand what the best beverages are for living right.

What else is inside?

- * No empty promises or schlock science.
- * Engaging and to-the-point strategies.
- * Easy-to-follow guidelines.
- * Fun and witty tips and strategies.



Eat Right For Life

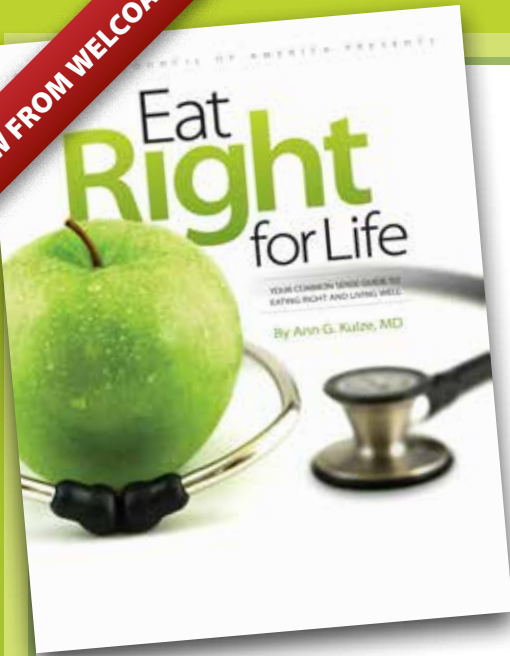
The perfect incentive for your employees!

- * Health Fairs
- * HRA Incentives
- * New Employee Orientation
- * Greatest Loser Challenges
- * Lunch n' Learns
- * Behavior Change Campaigns

*Achieve Nutritional Excellence.
Be in Control of Your Health.*



NEW FROM WELCOA



Order More Than One Copy And Save!

Quantity	Your Cost Per Guide
1	\$12.95
2-2,500	\$3.95
2,500+	Call for Quote

To Place Your Order:



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

WELCOA
17002 Marcy St. - Suite 140
Omaha, NE 68118



Call us directly with your billing information to:

(402) 827-3590



Fax your order with your credit card or PO information to:

(402) 827-3594

Your Preferred Client ID is:
ESTORE

ORDERING:

A. Quantity _____ × price per book \$ _____ = \$ _____

B. Subtotal _____ = \$ _____

C. S&H (Additional charges may apply for shipments outside the continental U.S.) = \$ _____

▶ 1 = \$7.95 ▶ 2-9 = \$19.95 ▶ 10-25 = \$29.95 ▶ 26-50 = \$59.95
 ▶ 51-99 = \$106.00 ▶ 100-250 = \$197.00 ▶ 251+ = Call for Quote

Shipping/Handling prices are subject to change without notice.

D. Sales Tax (Only NE residents add 7% sales tax) = \$ _____

E. TOTAL = \$ _____

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

BILLING INFORMATION:

Purchase order # if appropriate _____

Check enclosed

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 _____