

WELCOA'S NEWEST BOOK IS NOW AVAILABLE!

Dr. Ann's **Eat Right** for Life



**\$3.95** PER COPY  
(for orders of 2+ copies)

"In a world where most meals are eaten away from home, WELCOA's new *Eat Right For Life* equips your employees with the information they need to make healthy eating choices—on the go."

Help your employees make better eating choices in everyday situations. Whether at the store, dining out, on the road or in the office—*Eat Right For Life: On The Go* contains empowering how-to guides and hundreds of tips for navigating grocery aisles, restaurant menus and avoiding common nutritional pitfalls.

With compelling information from WELCOA and Dr. Ann Kulze, one of the nation's leading nutrition educators, the third book in the award-winning *Eat Right For Life* series will help you engage employees and add a whole new level of excitement to your wellness initiatives. Give your employees the real-world coping tools they need to make more nutritious choices—everywhere they go.



*Eat Right For Life: On The Go* is the perfect companion to the other two books in the *Eat Right For Life* series!



**WELCOA'S NEWEST BOOK!**

THE COUNCIL OF AMERICA PRESENTS

Dr. Ann's **Eat Right for Life™**



**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 \_\_\_\_\_