



PRODUCT DESCRIPTIONS & ORDER FORM

Low-Impact Aerobics - improve overall physical condition with warm up, low impact aerobics, stretching, balance, coordination, and strength exercises. A great tool for group exercise leaders or individuals. *60 minutes*

Chair Exercise- improve physical function and BADL's with mobility, range of motion, balance, coordination and strength exercises. Perfect for use in a group setting or at home. *37 minutes*

Educational Curriculumms (CD Rom)-Each curriculum includes **two** 30 minute presentations with; power-point slide shows, tri-fold summary brochures, promotional flyers, handouts, and instructions on presenting the topic. Handouts & brochures can be duplicated for participants. **Expanded curriculumms** include additional materials; *Fall Prevention* (falls risk screening tool), *Physical Activity* ("Activity of the Week" series & programming manual), *Whole Person Wellness* (program manual for restructuring & evaluating programs)

Wellness Stations- 18 X24 high quality posters designed to address multiple dimensions of wellness. Each of the four stations, *Stop & Smell the Roses*, *One Step at a Time*, *Count Your Blessings*, and *Rise to the Occasion* combine original water-color artwork with function based exercise and positive affirmation statements to offer individualized opportunities for improving well-being

Prices are in U.S. dollars. Orders must be pre-paid to **Kay Van Norman**, 230 Gebhardt Trail, Bozeman, MT 59718. Call Kay at (406) 587-0786 for discounts on large orders.

Chair Exercises (37 minutes) # of copies ____ @ \$19.95 \$ _____

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Set of four stations # of sets ____ @\$ 99.00 \$ _____

Plus BONUS – Each set of 4 will arrive with a coupon code to download my new curriculum, *Strength & Power, Keys to Function* *****FREE*****

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