

Reorder Form

Do you need more participant's guides? Complete this reorder form, and call or email to order more guides.

Please select the program below.

- THE STRESS RECOVERY EFFECT THE REST OF YOUR LIFE

QTY	TITLE	RETAIL	DISCOUNT	SUBTOTAL
	Participant's Guides	\$20.00		
			SHIPPING	
			TOTAL	

Bulk discounts available:

- 5% discount on orders of 100 - 249 guides
- 10% discount on orders of 250 - 499 guides
- 20% discount on orders of 500 or more guides

Date:

Name:

Company:

Billing Address:

City:..... ST:..... ZIP:

Shipping Address:
(if different from billing)

City:..... ST:..... ZIP:

Phone:

Special Instructions:

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Payment – Select One: VISA MasterCard

Credit Card Number:

Exp. Date:..... CVC:.....

Email: HealthProducts@FLHosp.org

Fax: (407) 200-4941 **Call:** (407) 200-8224

Thank you for your order!

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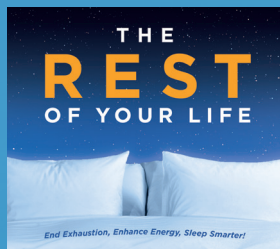
Florida Hospital Publishing – 496 West Central Parkway, Altamonte Springs, FL 32714

Establish and sustain a culture of health and wellness with these programs from Florida Hospital



THE STRESS RECOVERY EFFECT

- Empowers employees to do what elite athletes and high performance CEO's do: Reframe stress from a negative to a positive, find their optimal stress zone, and use *The Stress Recovery Effect* to fuel future success.
- A six-week interactive course grounded in science that incorporates a whole-person approach to managing stress.
- Equips participants with strategies to decrease stress, and can give them the energy they need to optimize stress when it occurs.



THE REST OF YOUR LIFE

- Provides the latest discoveries in sleep medicine, equips participants with dozens of strategies to combat common sleep thieves, and helps them create a personal action plan to take control of their rest.
- Offers practical, evidence-based solutions to the pressing problem of sleep deprivation.
- Addresses the whole person. It focuses on specific areas — like stress, outlook and exercise — that can make a huge difference in achieving good rest and feeling energized the next day.

Contact our team for a free consultation to assess your organization's health and wellness goals.

To contact a representative for Organizational Health and Wellness and any other Health Performance Strategies needs, call (407) 303-9910 or email FH.Health.Performance.Strategies@FLHosp.org.