

# COLORING CONTEST

## to Ease Stress & Anxiety

**WINNER RECEIVES 50 FREE  
COLORFUL PERSPECTIVES  
COLORING BOOKS!**  
INSTRUCTIONS BELOW



## TAKE BREAKS

Taking regular breaks from mental tasks can actually help you get more done. Shift your attention by using another area of the brain, like taking a walk or coloring! Don't feel guilty about detaching for a few minutes to recharge your internal resources.

*"The body and mind need time to rest and restore. Take rest; a field that has rested gives a bountiful crop." ~ Ovid*



### **\*COLORING CONTEST INSTRUCTIONS\***

Color the image on the front of this flyer and  
post to Inspired Perspective's Facebook page.  
Winner will be chosen on May 13th.



# AJHP CONFERENCE DISCOUNTS

DELIVER TO:

Contact Person: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

METHOD OF PAYMENT: \_\_\_\_\_ CHECK# \_\_\_\_\_ \_\_\_\_\_ ENCLOSED \_\_\_\_\_ PO ATTACHED \_\_\_\_\_ CREDIT CARD

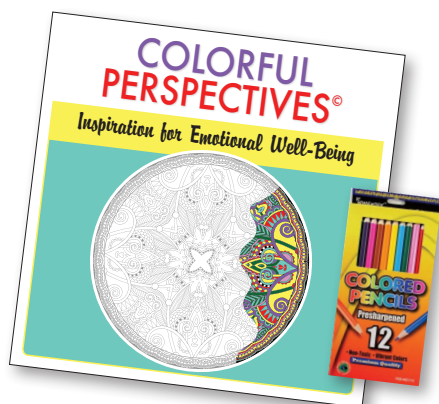
Credit Card Type: \_\_\_\_\_ Name on Card: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ VCODE: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Mo. \_\_\_\_\_ Yr. \_\_\_\_\_ Billing Zip Code: \_\_\_\_\_

QTY	PRODUCT	UNIT COST	TOTAL COST
	Shipping & Handling	10% (\$14 min)	
	Sales Tax	7% (FL Only)	

**DISCOUNTS VALID THROUGH MAY 13, 2016**



**Colorful Perspectives  
Coloring Book**

**40% OFF**

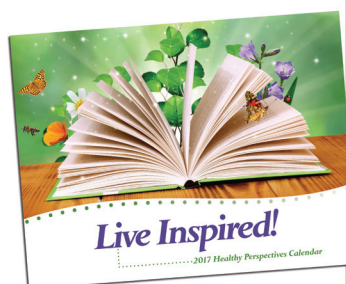
Quantity

10-49 ..... ~~\$6.95~~ **\$4.17**

50-249 ..... ~~\$3.95~~ **\$2.37**

250-499 ..... ~~\$2.95~~ **\$1.77**

Add colored pencils for \$2.00 each



**2017  
Healthy Perspectives Calendar**

**50% OFF**

Quantity

10-99 ..... ~~\$4.50~~ **\$2.25**

100-499 ..... ~~\$3.53~~ **\$1.77**



**Healthy Perspectives  
Digest**

**Print - FREE LOGO!**

(Black - minimum order of 150)

Electronic - 12 issues  
for the price of 10!

**DON'T FORGET TO ENTER THE COLORING CONTEST  
BEFORE MAY 13TH!**

**CALL OR EMAIL NOW  
TO PLACE YOUR ORDER! 904-641-1208**

[www.IPWellBeing.com](http://www.IPWellBeing.com) • [acohen@IPWellBeing.com](mailto:acohen@IPWellBeing.com)

