

APRIL IS

Stress Awareness Month

**Early Order
\$3.95**

(min 50 - 2500)
Set up applies

- Stress kills people
- Stress kills productivity
- Stress kills morale
- Stress is the foundation for illness



"No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you'd be more productive."

Dr. Joyce Brothers

Featuring a 10 minute learning exercise in guided meditation and 10 5 - minute breaks with music for relaxation. Listen on your phone, iPOD, computer or MP3 player.

A Wellness Program Necessity

As a promotional product, only music has been scientifically proven to lower stress levels, blood pressure, body temperature, pulse and heart rate. HR professionals know the value and the need to reduce stress in the workplace. Office Spa is a serious tool in fighting stress. Take care of business. Take care of your people.

	50	100	250	500	1000	
Office Spa -SPAD05	\$6.70	6.35	5.90	5.55	4.80	
Set up charge for 4C logo on cover and on disc \$50						

[Click Here To See The Wellness Collection](#)

**Plan Ahead
October 2011
Employee Wellness
Month**



Special offer expires 3-1-11. Cannot be combined with any other special offer or price consideration.