

WELLNESS EDUCATION MATERIALS ORDER FORM THE CARE GROUP



Dining A La Heart... The Guide to Living THE HEART HEALTHY WAY 2004 Edition is a 170 page patient guide to a healthy lifestyle. The guide includes risk factors and coronary heart disease, nutrition and physical activity guidelines, related issues on osteoporosis, high blood pressure, stress and antioxidants, tools for weight management and sample menus to get started. The most current recommendations for fat, saturated fat, cholesterol, sodium and fiber are included. The Body Mass Index, shopping and cooking tips and the latest recommendations from the American Heart Association and the National Cholesterol Education Program are also included. **\$15**

Dining A La Heart... COOKING FOR A LIFETIME 2003 Edition This cookbook contains over 300 recipes designed to make heart-healthy cooking easy & delicious. It also contains the American Heart Association Guidelines and tips for modifying recipes. Many of the recipes were developed by chefs from around Indiana. **\$15**

Dining A La Heart...New FAST FOOD FACTS 2005 Edition This 170-page patient "guide" contains information on identifying risk factors for heart disease and tips to lower those risks through lifestyle changes. Weight management, physical activity, nutrient and stress reduction recommendations are included. Additionally, "the guide" contains sample menus and grocery shopping and food label reading tips and the latest US Dietary Guidelines. **\$5**

PLEASE SEND ME THE FOLLOWING ITEMS:	QUANTITY	TOTAL
Fast Food Fast Guide		
Heart Healthy Way Nutrition Manual		
Cooking for a Lifetime Cookbook		
Total:		

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Shipping & Handling is included

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_____ Log on to www.thecaregroup.com and click on "Ticker, the Heart Healthy Chef" for online credit card purchases.



The Care Group, LLC
Attention: Marketing and Health Promotion
8333 Naab Road, Suite 400, Indianapolis, IN 46260