

Order Form for Healthy Choice for Mind & Body Lesson Sets. Produced by We Insist on Natural Shapes

GRADE SCHOOL: POSITIVE BODY IMAGE & HEALTHY BODIES

I'm OK: Grades 1 & 2 package includes 5 lessons, a teacher background module (including written material and video) and 3 posters illustrating lesson concepts.

I Wonder: Grades 3 & 4 package includes 5 lessons, a video that is part of one of the lessons, transparencies showing photo modification, a teacher background module (including written material and a video) and 3 posters illustrating lesson concepts.

Every Body's Different: Grades 5 & 6 package includes 5 lessons, a video that is part of one of the lessons, transparencies showing photo modification, a teacher background module (including written material and a video) and 3 posters illustrating lesson concepts.

Also available: School nurse/counselor module for eating disorder education.

MIDDLE/HIGH SCHOOL: HAPPY, HEALTHY SHAPES, IT'S NOT HOW YOU LOOK, IT'S HOW YOU FEEL

5 Lessons meant to accompany the 5 sections of an educational video dealing with

- Societal pressure to be thin
- Psychological problems of adolescence that lead to disordered eating
- Medical consequences of eating disorders
- Healthy nutrition
- Exercise for health

Includes video, lesson book and picture transparencies illustrating photographic modification (even the models don't look like their pictures!)

	Number desired	Price each includes tax, shipping & handling	Total
I'm OK (Grades 1 & 2)	_____	\$35	_____
I Wonder (Grades 3 & 4)	_____	\$40	_____
Every Body's Different (5 & 6)	_____	\$40	_____
School Nurse/Counselor module	_____	\$15	_____
All 3 Grade school packages	_____	\$100	_____
Happy, Healthy Shapes (Grades 7-12)	_____	\$45	_____
Video only	_____	\$15	_____
Total			_____

Your name _____ Affiliation _____ Phone _____

Address _____ City _____ State _____ Zip _____

Send this form & check or money order to HCMB, P.O.Box 19938, Sacramento, CA 95819.