

Date: \_\_\_\_\_

Ordered by Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Describe Intended Audience: \_\_\_\_\_

Ship to: (Street address, City, State, ZIP) \_\_\_\_\_

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

**PLEASE NOTE:** To make our free shipping cost-effective for the Stay Well program, we ask that you order a **minimum of 10** for each item you select.

If you need fewer than 10 of the “Create Your Calm” items, you can download a PDF of the item from this page and print your own: <https://www.michigan.gov/coronavirus/resources/mental-health-resources/items-for-print-and-order>

Please send completed order forms to [DetwillerP@michigan.gov](mailto:DetwillerP@michigan.gov)

## “Create Your Calm” chair-yoga poster – Office Worker version

Poster measures 11.5” x 17”

Printed on heavy stock.

**MINIMUM ORDER: 10**

Quantity of posters desired:



Send requests to Paula Detwiller at [DetwillerP@michigan.gov](mailto:DetwillerP@michigan.gov).

## “Create Your Calm” chair-yoga poster – First Responder version

Poster measures 11.5” x 17”

Printed on heavy stock.

**MINIMUM ORDER: 10**

Quantity of posters desired:



## “Create Your Calm” chair-yoga poster – Health Care Worker version

Poster measures 11.5” x 17”

Printed on heavy stock.

**MINIMUM ORDER: 10**

Quantity of posters desired:



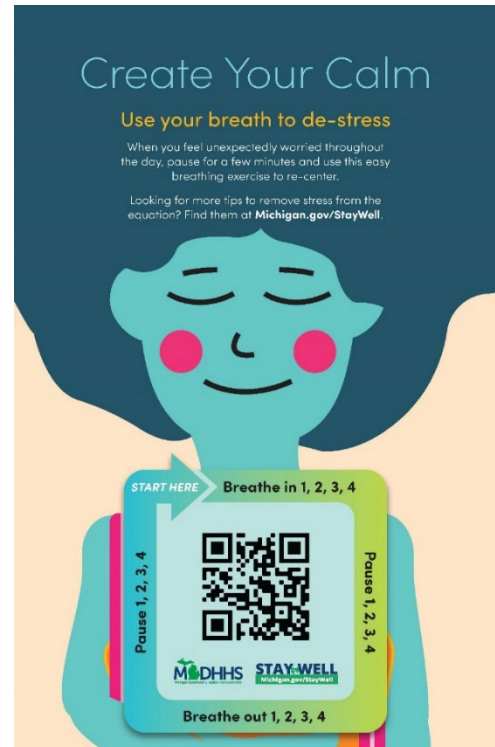
## “Create Your Calm” poster #1

Poster measures 11.5” x 17”

Printed on heavy stock.

**MINIMUM ORDER: 10**

Quantity of posters desired:



## For Older Adults Recovering from the Emotional Toll of COVID-19

**MINIMUM ORDER: 10**

Quantity of brochures desired:

English	<input type="text"/>
Arabic	<input type="text"/>
Spanish	<input type="text"/>



## For Adults Recovering from the Emotional Toll of COVID-19

MINIMUM ORDER: 10

Quantity of brochures desired:

English	_____
Arabic	_____
Spanish	_____



## Helping a Child Recover from the Emotional Toll of COVID-19

MINIMUM ORDER: 10

Quantity of brochures desired:

English	_____
Arabic	_____
Spanish	_____

