

Date:

# Stay Well Program – Materials Order Form *updated* 1/10/24

Ordered by Name:				
Organization:				
Describe Intended Audience: Ship to: (Street address, City, State, ZIP)				
PLEASE NOTE: To make our free shipping cost-effective for the Stay Well program, we ask that you order a <i>minimum of 10</i> for each item you select.				
If you need fewer than 10 of the "Create Your Calm" item from this page and print your own: <a href="https://www.michighealth-resources/items-for-print-and-order">https://www.michighealth-resources/items-for-print-and-order</a>	• •			
Please send completed order forms to D	etwillerP@michigan.gov			
"Create Your Calm" chair-yoga poster –	Create your calm.			
Office Worker version	Pausing during the day and taking a faw minutes for these simple yaga poses can decrease stress, relieve tension and create calm.			
Poster measures 11.5" x 17"				
Printed on heavy stock.	Cat-Cow  1. Indie Allyourelf upward 2. Ehride Cut your drin down, Tom be book of the property of the control the other or outler not the property of the control the other or outler not the property of the control the contr			
MINIMUM ORDER: 10	round your prive and of the private state of the pr			
Quantity of posters desired:	Chair Upward Hand Stretch  1. Bray arms in front of you, reledibling fingers  2. Inhald Rates arms above head analyse  3. Note Take above has a work from the cont.  3. While Take above has a work from the cont.  4. While Take above has a work from the cont.  5. The control of the cont.  6. While Take above has a work from the cont.  6. While Take above has a work from the cont.			

Find more calming tips at Michigan.gov/StayWell.

Or, call 1-886-535-6136 and press "6" to talk to Stay Well counseling, 24/7.

STAY-WELL



# "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	
Arabic	
Spanish	



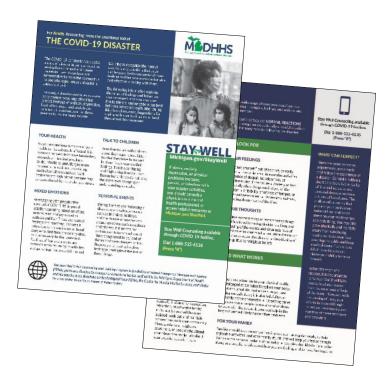


# For Adults Recovering from the Emotional Toll of COVID-19

#### **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	

