



**FOOD AND NUTRITION MANAGEMENT SERVICES, INC.**  
**PUBLICATIONS AND RESOURCES ORDER FORM**  
**SEND OR FAX YOUR ORDER TO:**  
 12435 Oxnard Street • North Hollywood • Ca 91606  
 Phone (818) 755-0023 • Fax (818) 755-0027  
 Web: [www.fnmsnet.org](http://www.fnmsnet.org) • E:mail: [fnms@att.net](mailto:fnms@att.net)

Qty	Item No.	Description	Price	Total
		<b>“Be Well” – Evidence-Based Exercise and Weight Management Program for Older Adults</b>		
	BW TR	Training Classes Available		
		1. Leader’s Training Available for one	\$1500	
		2. Leader’s Training Available second trainee	\$ 750/ person	
		<b>INCLUDES</b>		
		3. Power point 32 modules 4. BE WELL – you tube 5. PBS Story – you tube 6. Healthy Foods and Healthy You Recipes 7. Volunteer Training Manual		
	BW LG	Leader’s Guide Manual	\$350.00	
	BW SG	Student’s Manual	\$ 75.00	
	BW VN	Volunteer Training Manual	\$ 75.00	
		Call or email for Training dates preferably Thursday Phone: 818-755-0023      email: <a href="mailto:fnms@att.net">fnms@att.net</a>		
		Subtotal		
		Los Angeles County (9.5% Sales Tax) Manuals		
		Shipping and Handling		
		Total Amount		

**Please Check Payment Type:**

Purchase Order Number: \_\_\_\_\_ Check \$ \_\_\_\_\_

**SHIP TO:**

**BILL TO:**

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_