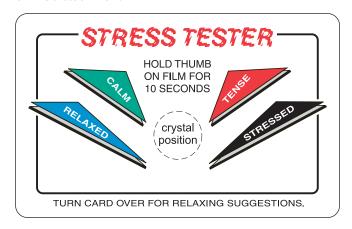
STR-30: Stress Card with Stress Crystal

STR-30:stock front



STR-30:stock back

TO REDUCE STRESS YOU MUST LEARN TO RELAX. SOME OF THE SUGGESTIONS BELOW WILL HELP YOU:

- 1. Take slow deep breaths until you begin to feel your body relaxing.
- Close your eyes and think of beautiful mountain vistas and coastal sunsets.
- Imagine yourself relaxing on a warm beach, listening to the soft melodic sounds of the surf.
- 4. Concentrate on all the happy times in your life. Relax!

AD COPY AREA

Please remove all guideline indicators before submitting artwork

= Final Cut Size: 3.375" x 2.125"

Ad Copy Area: 3.125" x .5"

Art must be within clearances - 0.125" on all sides.