

DVD & Video are now available from the highly acclaimed television series



"Stretch and Flex"

starring Joan Worley



- Increase muscle flexibility while reducing stress
- Two specially produced hour long episodes featuring the complete Stretch & Flex system
- Only \$35 for one two-hour DVD



Stretch and Flex is especially designed for:

- those desiring a slower, non-aerobic workout
- those with limited flexibility
- those who haven't been exercising regularly
- people with minor handicaps or back problems
senior citizens and pregnant women



Order Form

Please send me ___ Stretch and Flex DVD (1 two-hour DVD). I have included a check or money order for \$35 (this includes shipping and handling) for each DVD ordered. **Make check payable to West Valley College.** Allow four weeks for delivery. Checks must clear before shipment.

Send check to: Max Gault
West Valley College
14000 Fruitvale Avenue
Saratoga, CA 95070-5698

Name _____

Address _____

City _____ State ____ Zip _____

Phone Number () _____