

Fibromyalgia Network Brochure Request Form

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Brochures are available in quantities of 5, 25 or 50. Please check the quantity you would like to receive:

Fibromyalgia — It's REAL
A Patient's Guide Brochure

5 25 50

Please send a self-addressed envelope with **affixed** postage that corresponds to the TOTAL number of brochures that you are requesting:

5 brochures: \$0.78 in postage • **10 brochures:** \$1.39 in postage

15 brochures: \$1.73 in postage • **25 brochures:** \$2.58 in postage • **50 brochures:** \$4.95 in postage

Note: For 5 brochures, please use a #10 envelope (4 1/8" x 9 1/2"). For all other requests, please send a 9" x 12" envelope. The limit is 50 brochures per envelope. If you would like more than this, please send separate envelopes with the correct postage. If outside the U.S., please order brochures on our website.

Be sure that you have completed **all** information, including e-mail and phone number. We view the information provided as confidential (e.g., we do not share or sell it to anyone). Upon completion, mail this form and a self-addressed envelope with postage indicated above, to the address listed on the bottom of this form.

Order bulk quantities of brochures on our website at www.fmnetnews.com (click on "Store").

Want the Latest Information on Fibromyalgia Research and Treatments?

Join the Fibromyalgia Network, and get the news you won't find anywhere else!

The *Fibromyalgia Network Journal* is your best bet for the latest info on FMS/CFS. Each 20-24 page issue is free of advertisements, and packed with the news you need. Published quarterly (January, April, July, and October), this is a terrific value at just **\$28**.

One Year Membership – \$28

Relationships Supplement: A 16-page collection of helpful advice on the social aspects of FMS. Experts weigh in on how to keep your relationships strong, enjoy intimacy in spite of pain and fatigue, and help children (or grandchildren) cope with your FMS. Improve your emotional well-being by learning to handle hurtful comments and unwanted advice.

Relationships Supplement – \$9

Diet and Exercise Supplement: A 24-page publication on important dietary and exercise guidelines for FMS. Get "how-to" ideas on stretching, strengthening, and increasing aerobic fitness without causing flare-ups. Plus, learn about nutritional supplements that can increase function along with specific dietary approaches for symptom improvement.

Diet and Exercise Supplement – \$10

If you want to order brochures in bulk quantities but prefer not to hassle with postage and envelopes, you can simply send **\$6.50 for 50 copies**.

A Patient's Guide Brochure – \$6.50

Order Total: \$ _____

Check/MO enclosed



Make checks payable to: **Fibromyalgia Network**

Card Number: _____

Expiration Date: _____

Authorized Signature: _____

*All prices include shipping charges as well as a \$3 processing fee.
Prices subject to change without notice.*

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