



The Perfect Gift for the Trucker on Your List
Healthy for them, free for you!

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December 8, 2009

If you're searching for the ideal stocking stuffer for your favorite trucker, you've come to the right place! Our completely unique and totally FREE Commercial Driver Health Education book is just the thing. This one-of-a-kind pamphlet is chock full of health tips every driver needs. It emphasizes practical strategies for surviving the unhealthy and stressful demands of "life on the road." We've selected tips that help drivers maintain medical certification they need under Department of Transportation rules. Topics include Fighting Fatigue, Recognizing Sleep Apnea, Exercise and Nutrition While Travelling, Visual Health, and more!

Download this PDF file from our Web site to print or distribute as you desire. And, here's a special offer for employers who have a fleet of drivers: between now and Dec. 25, we will take your order for up to 100 copies free!



Keep watching our blogspot this holiday season to see more ways I become Occ Doc in a Christmas Gift Box!

Find our Commercial Driver Health Education booklet here:

<http://www.affinityhealth.org/object/services-specialty-occupational-driver-health.html>

Or from the Affinity Occupational Health web page, <http://www.affinityhealth.org/page/services-specialty-occupational>, look in our "Health Library" at the bottom of the right hand column.