

ORDER FORM FOR EXERCISE DVD

“IT’S YOUR CHOICE – EXERCISES FOR FITNESS & WELL-BEING FOR INDIVIDUALS WITH MULTIPLE SCLEROSIS”

“It’s Your Choice” is an exercise DVD developed by physiotherapists at Toronto Rehab, specifically designed to address the needs of individuals with MS. The DVD includes several routines of different durations, levels of difficulty and types of exercise to challenge all aspects of fitness. Participants can select amongst the options to suit their level of ability, energy and time available. This exercise DVD would be a great resource for people with MS or professionals working with individuals with MS. If you would like to purchase a copy of this DVD, please fill out the order form below.

	Cost Per (1) DVD	Quantity	Subtotal
1 DVD pick up only	\$15.00		
1 DVD + shipping and handling	\$23.99		
**Please note all pricing includes HST			Total:

Shipping Information:

Name: _____

Address: _____

City, Province: _____ Postal Code: _____

Phone: _____ Email: _____

Payment Method (please check one):

- Cheque enclosed (payable to: Toronto Rehab)
 Money Order enclosed
 Credit Card (
 Visa
 Mastercard
 American Express – please fill out additional credit card information below)

Credit Card Information:

Card Number: _____ 3 Digit Security Code: _____ Expiry Date (mm/yy): _____

Name on Card: _____ Signature: _____

Cardholder Address:

Please check if same as above

If cardholder address is different from shipping address, please provide cardholder address:

Address: _____

City, Province: _____ Postal Code: _____

For office only: Account Code: 712812341 21900099

Please send your order form or inquiries to:

MS Service Coordinator
Toronto Rehab – Rumsey Neuro
345 Rumsey Road
Toronto, ON M4G 1R7
Fax: 416-597-7160
Phone: 416-597-3422 ext. 5319