

because you deserve great design

















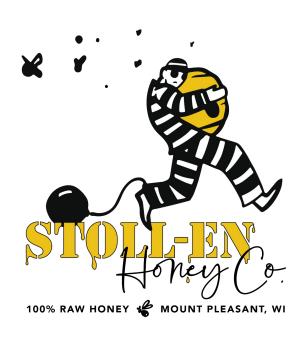






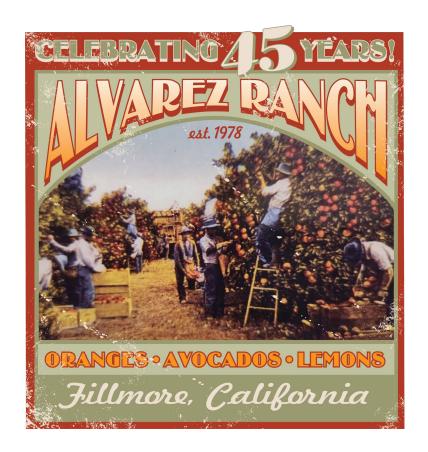








# Marketing Designs







# DUE TO YOUR CONTINUED DEDICATION AND HARD WORK, YOUR COMPANY WAS FORTUNATE TO SHARE RECORD PROFITS WITH OUR COWORKERS AFTER ANOTHER INCREDIBLE YEAR. THE FOUNDATION OF OUR SUCCESS IS ROOTED IN THE CORE VALUES THAT THE ZIETLOW FAMILY INSTILLED IN YOUR COMPANY ON DAY ONE AND YOU CONTINUE TO CARRY THAT OUT EACH AND EVERY DAY. THANK YOU FOR ALL OF THE EFFORT AND ENERGY YOU PUT IN THIS PAST YEAR AND ALL THAT YOU WILL DO TO ENSURE AN EVEN MORE SUCCESSFUL 2023. Diffibition Division Management Team



### **Insert Cards & Rack Cards**



### **Sell Sheets**











# **OCCUPATIONAL THERAPY** FOR WEIGHT MANAGEMENT

Forte's occupational therapists work with clients to prevent and manage their health conditions by helping people develop healthier habits and routines. Occupations refer to the everyday activities that people do to occupy time and bring meaning and purpose to daily life.

### Forte's occupational therapist can help you:

- Develop a balanced lifestyle including healthy eating, physical activity and self-care routines
- Learn how to navigate social events while staying close to your health goals
- Improve food preparation routines with consideration of culture and food preference
- Learn strategies to reduce stress and emotional eating habits
- Understand food labels
- Improve time management and prioritization of healthy habits
- Develop healthy strategies to cope with stress, anxiety and depression
- Learn how to be mindful and self-aware of habits for sustainable health changes
- Prevent and manage chronic health conditions

### Reach out to get started

Call 602-529-5495 if you would like to schedule an individual consultation.

You may also email abrinkman@forte-wellbeing.com if you would like to be added to the waitlist for smoking cessation group offerings (coming soon).

Forte offers insurance benefit checks so we can tell you if OT sessions are covered by your insurance.



FORTE

# Gage

### **GREAT STUFF. IN STOCK.** Check out these on trend safety items.



### TURKEY AND SWEET POTATO BREAKFAST HASH of

Sausage gravy, roasted sweet potatoes, bell peppers and onions, scrambled eggs, mozzarella cheese, and chives.

455 CAL | 28G CARB | 26G FAT | 32G PROTEIN

### SEASONAL EGG BITES of /kf

Andouille sausage, spinach, pepper jack cheese, jack's cantina salsa. Served on a bed of spinach with breakfast potatoes.

SUB BERRIES FOR LOW CARB 401 CAL | 45G CARB | 31G FAT | 15G PROTEIN

### STRAWBERRY SALAD of/kf/df

Good for you ingredients! Spinach leaf, strawberries, blueberries, feta cheese, cucumbers, pistachios, cranberries, mandarin oranges. Balsamic vinaigrette.

ADD CHICKEN AVAILABLE 225 CAL I 15G CARB I 6G FAT I 11G PROTEIN

### PEANUT CHICKEN LO MEIN df

Lo mein noodles, sesame chicken breast, peas, roasted carrots, red pepper, edamame. bell peppers, crushed peanuts and served with a peanut sesame sauce.

SUB ZOODLES FOR LOW CARB 460 CAL | 40G CARB | 26.8G FAT | 45G PROTEIN

### CHIPOTLE CHICKEN BURRITO BOWL of /kf

Chili lime marinated chicken thighs, lime rice, roasted corn and black bean salsa, cheddar cheese, and fajita vegetables. Served with a chipotle mayo.

SUB CAULI RICE FOR LOW CARB 541 CAL | 54 9G CARB | 20 4G FAT | 354G PROTEIN

### CUBAN PORK BOWL of/kf

Slow braised pork shoulder, smoked ham, shredded mozzarella cheese, blanched broccoli, steamed white rice, tangy mustard sauce, sweet and spicy pickles.

SUB ROASTED ZUCCHINI FOR LOW CARE 478 CAL | 40.6G CARE | 19.1G FAT | 31.7G PROTEIN

You read that right. Our house made Bolognese made right into a lasagna. Whipped ricotta, herbs, mozzarella cheese, house marinara, side of blanched broccoli.

656 CAL | 55G CARB | 30G FAT | 36G PROTEIN

Ginger garlic roasted salmon filet topped with yellow coconut curry. Steamed white rice, vegetable medley; peas, carrots, broccoli, red bell peppers, asparagus, corn, cilantro and fresh lime.

SUB CALIFICE FOR LOW CARR

440 CAL | 42G CARB | 44G FAT | 48.6G PROTEIN



ARCON SOLUTIONS, INC.

YOUR SINGLE SOURCE SOLUTION

1284 Corporate Center Drive Suite 175 Eagan, MN 55121 P: 952.882.6069 C: 651.245.8459 estiehm@arconinc.com





SHAW's Special Hockey program is growing and we need your help!

BUY YOUR FLEECE BLANKET

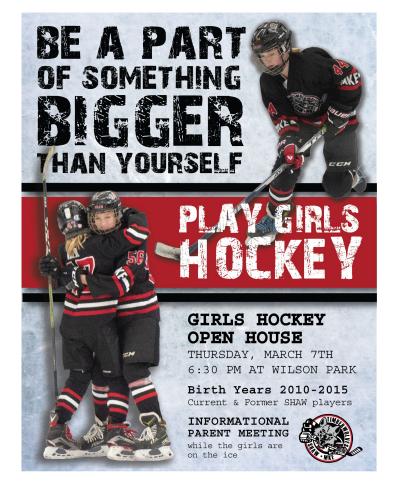




- AVAILABLE IN RED OR GREY
- SAMPLES AVAILABLE IN THE LOBBY ALL WEEK
- THE COZY FLEECE MAKES IT
   A GREAT HOLIDAY GIFT
- STAY WARM WHILE SHOWING YOUR SHAW PRIDE AND SUPPORTING THE PIRATES

Questions? Email info@alascreative.com

PRE-ORDERS ONLY Orders close Nov. 1, 2023



# Step-Down Folder Inserts & Checklist













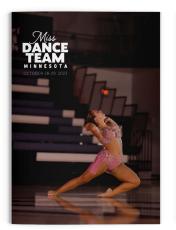


# Calendar



# Notepads







# Dance Program & Student Handbook







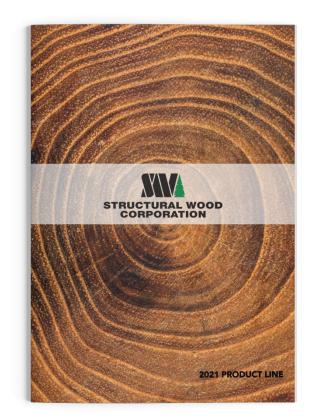


# Company Catalog & Business Directory





# Catalog





# **Apparel**











© Alas Creative LLC



# **Apparel**







© Alas Creative LLC















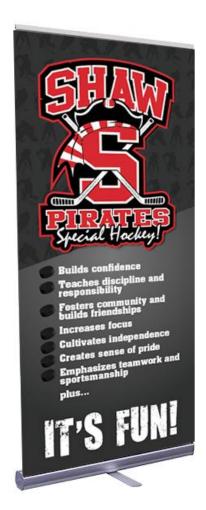








© Alas Creative LLC















© Alas Creative LLC



# Let's chat!



This portfolio is not all-inclusive by any means. It is simply a taste of some of the projects we have done.

We take pride in cultivating relationships with each of our clients and in delivering each one a unique aesthetic in their materials that best represents them & the customers they are trying to reach while honoring their branding.

We specialize in taking a bulk of information and presenting it in an attractive way that communicates its importance in an clear and inviting manner.

We'd love to set up a phone call or video chat to discuss how we can help you with your next project!

Jessica & Jesse Salas

info@alascreative.com - alascreative.com - 414.216.7048