

Nayaz

VARIETY



Delivery Service for Seniors & Assisted Living Facilities

All Orders \$20 Minimum for Delivery

Within 35 miles of Jenkintown, Pa or order will be shipped.

Shipping paid by the customer

MORE PRODUCTS AVAILABLE CALL TO REQUEST FULL CATALOG

Place your order TODAY for: Local Delivery Shipping or Pickup



Dove Body
Wash

\$7.25

N000141

Dove Bar Soap



\$2.75

N000156



Lucky Body
Wash

\$3

N000143



Nivea Lotion

\$7

N000131



Dove
Deodorant

\$5.50

N000111



Wash Cloth

\$1.75

N000184



Dove Lotion

\$7

N000129



Lucky Lotion

\$3

N000127



Tooth Paste

\$3



Listerine
Mouthwash

\$4.50

N000182



Lucky
Mouthwash

\$2.50

N000130



Toothbrush

\$2

N000147



Brush

\$3

Comb

\$1.50



Powder

\$2.50

N000134



Medicated
Power

\$3

N000135



Diabetic
Lotion

\$3.50

N000185



Vaseline

\$3

E000125



Power Stick
Roll-On

\$2.75

N000110
N000109



Power Stick
Spray

\$2.75

N000125

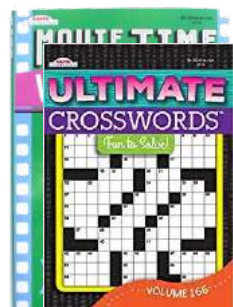
Baby
Wipes

\$2.50

E000124



Activity Book



\$2.50
C000112

Reading Glasses

\$2.50-4.50



A000108

Envelopes

Short/100 Ct
Long/ 50 Ct



\$2.95

R000112

Sleep Mask

\$2.50

E000120



Neck Pillow

\$8

A000144



Hamper

\$3.50

J000101



Back Scratcher

\$2.25

A000100



Sleep Cap

\$3.50

U000140



Crew Socks

\$6.50

F000104



Diabetic Socks

\$7.50

F000102



Slipper Socks

\$3.50

F000126



Night Gown

\$12

D3-000103



Long Sleeve T-Shirt

Starting at

\$12

D1-000131



Sweat Jacket

Starting at

\$18

D1-000141



Knit Gloves

\$3

M00022



Sweat Shirt

Starting at

\$18

D1-000120



Night Pants

\$10-12

D2-000130



Sweat Pants

Starting at

\$18

D2-000120



Ski Hat

\$3.50

M000150



Slippers

\$12

F000125



Radio Alarm Clock

\$20

G000124



Fanny Pack

\$12

B000106



Fold Wallet

\$3-3.50

B000135



Change Purse

\$2

B000125



Nayaz Care Packages

Small Snack Pack



WHAT'S INSIDE:

- 4 Bags of Chips
10pc mixed Candy
3 Crackers OR 2 Cookies
1 Bottle of Soda OR Juice

\$8

Medium Snack Pack



WHAT'S INSIDE:

- 4 Bags of Chips
3 Crackers OR 2 Cookies
2 Bottles of Soda OR Juice
2 10pc Candy Mix
2 6pc Chocolate Candy Mix

\$13

Large Snack Pack



WHAT'S INSIDE:

- 6 Bags of Chips
4 Crackers AND 4 Cookies
4 Bottles of Soda OR Juice
10pc Candy Mix
6pc Chocolate Candy Mix
3 Slim Jims
2 Cups of Noodles

\$23

Health Snack pack



\$10

WHAT'S INSIDE:

- 2 Bags of Veggie Straws
2 Bags of Pretzels 2 Bags of Popcorn
3 Granola Bars 2 Crackers, Bottled water

Sugar Free Care Package



\$10

WHAT'S INSIDE:

- 2 Bags of Popcorn
1 Sugar-free Juice OR Diet Soda
Sugar-free hard candy, Russell Stover Chocolate
Vanilla Sugar Free Wafers.

Quick-Pick Care Package



Female

Male

WHATS INSIDE:

Soap, Lotion, Soap holder,
Wash cloth, Toothpaste,
Tooth brush, Activity book.

\$12

Standard Unisex Care Package



Nayaz
VARIETY
\$5 COUPON

WHATS INSIDE:

Body wash, Lotion,
Toothbrush, Mini Toothpaste,
Deodorant, Vaseline, Wash
Cloth, Comb, Socks, Cosmetic
Kit, Tissue

\$20

**\$5 'Nayaz Variety
Coupon INCLUDED**

Pro Unisex Care Package



WHAT'S INSIDE?

Body wash, Mouthwash,
Lotion, Dental Kit,
Toothpaste, Deodorant,
Wash Cloth, Socks, Comb,
Notebook, Pens, Tissue,
Activity Book
Cotton balls OR Cotton Pad

**\$5 'Nayaz Variety
Coupon INCLUDED**

Nayaz
VARIETY
\$5 COUPON

\$40

Platinum Unisex Care Package



\$100

WHAT'S INSIDE:

\$100 2x Body wash, 2x Lotions, Listerine
Vaseline, Secret, 2x Bar Soap, Cosmetic Kit, Colgate, Dental
Kit, Box Tissue, Mini Tissue, Comb, Shampoo, Lucky Mouth
Wash, Wash cloth, Soap Holder, Composition book, Work
Find, Small note book, 5pk Pens, Markers, Anti-Bacterial
Wipes, Hand Sanitizer, Crew Socks
CONTAINED IN ONE LARGE TOTE



WINTER WORD SEARCH

ICY

FLEECE

SLED

PINE

WOODS

TOWEL

SKATE

COCOA

WOODS

CAMP

SPICE

FIRE

SMORE

NOEL



C	F	L	E	C	R	N	G	R	E	K	L	A	W	X
H	T	A	B	M	I	D	E	S	C	E	R	W	P	J
T	E	S	I	K	A	O	R	C	P	L	W	I	P	B
S	I	C	Y	E	D	R	C	C	Q	R	N	U	M	I
N	L	L	W	R	I	R	G	Q	L	E	E	I	L	L
A	L	H	E	I	O	K	D	S	T	O	A	A	W	A
R	E	C	O	F	O	I	C	S	S	G	Y	C	E	S
V	H	T	A	P	E	O	J	B	W	F	E	K	X	V
E	S	C	S	E	C	L	D	B	L	E	R	S	P	E
R	L	N	E	O	B	O	Y	S	E	N	O	O	T	T
R	I	V	A	N	C	I	E	L	Q	M	I	N	C	A
A	C	I	O	K	M	D	E	L	S	E	E	P	U	K
L	J	A	J	F	E	I	S	O	P	R	A	D	N	S
A	Y	G	M	J	S	M	R	A	W	M	P	N	E	N
T	W	X	H	C	I	P	B	N	O	R	E	A	E	N
X	L	L	Y	S	P	I	C	E	R	O	M	S	N	A
U	Y	P	A	J	F	J	L	E	W	O	T	V	E	B
X	J	D	O	F	N	O	E	L	M	W	E	T	T	S

5 tips

FOR WINTER WELLNESS



1

EXTRA SLEEP



take the time for extra sleep

With the shorter, cooler days and longer nights, our bodies naturally need more sleep. Try going to bed 30 minutes earlier than usual in the winter months. A sleep deprived body is more susceptible to illness.

get outside and exercise

Bundle up, and take a walk. Even a 15 minute walk can make a difference. Exercise naturally supports a healthy mood and energy levels.



EXERCISE OUTSIDE

2

3

STAY SOCIAL



stay social

The winter months can naturally cause people to turn inward and be more isolated. Make a date with friends or a family member at least once a week to keep spirits high.

eat protein at each meal

Protein helps keep blood sugar levels stable, and can reduce sugar cravings. Many people increase carbohydrate and sugar intake during winter months, which can compromise the immune system.



EAT PROTEIN

4

5

FRUITS & VEGGIES



focus on fruits and vegetables

While the Farmer's Market may be closed and your garden is under snow, it's more important than ever during the winter to get a wide variety of fruits and vegetables every single day. Think 'eat like a rainbow' when you are grocery shopping.