

## Application/Request Information Form

For more information, mail this form to the **Monterey Bay Holistic Alliance, P.O. Box 249, Marina, California, 93933**, or call us at **(831) 272-2781** or visit our website at [www.montereybayholistic.com](http://www.montereybayholistic.com)

Name: \_\_\_\_\_

Profession: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Employer/Business: \_\_\_\_\_

Business Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Web site: \_\_\_\_\_

Other information: \_\_\_\_\_

## Please check any or all that apply.

I want to be a member of MBHA. Please mail me a membership packet for  corporate  professional  health enthusiast

I don't want to be a member, but want to make a tax-deductible donation and have enclosed a check for \_\_\_\_\_ .

I am interested in volunteering or being an intern. Please send me more information.

Please put me on a list of presenters. I'd like to find out more about giving talks and workshops through MBHA as a Health Educator.

I want to be included in your videos. Please send me a contract.

I would like to find out more about your "Hearts-to-Hands" charitable forward-giving program. Send a brochure and/or call me.

I would like to be listed in your resource notebook, or online website listings of health practitioners or agencies. Please call me.

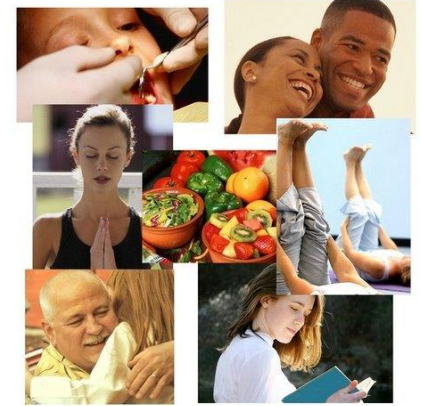
I would like to write a holistic health article and have it posted on your websites. Please contact me.

The MBHA reserves the right to refuse membership to individuals, groups, or organizations that demonstrate a lack of credibility, integrity, or professional ethics.

**Thank you for your support!**

**Call (831) 272-2781 for more information or visit [www.montereybayholistic.com](http://www.montereybayholistic.com)**

# The Monterey Bay Holistic Alliance



P.O. Box 249 Marina, CA 93933  
(831) 272-2781 [mbholistic@gmail.com](mailto:mbholistic@gmail.com)

## YOUR HEALTH AND WELLNESS FRIENDS!

The Monterey Bay Holistic Alliance (MBHA) is a registered 501 (c) (3) educational nonprofit organization. The purpose of the MBHA is to create a network of practitioners, authors, teachers, healers, therapists, doctors, counselors, ministers and other like-minded individuals and organizations who hold a common interest of providing health and wellness education events, products and services to the community. The Alliance provides multiple websites, social networking, sponsored services, online health articles, video and film presentations, an online store, scheduled events, and a charitable giving program.

## WHAT IS HOLISTIC HEALTH AND WELLNESS?

The MBHA, established in 2002, provides services and information to the community within a wide variety of *health and wellness categories* including traditional and alternative methods such as:

Acupressure, Acupuncture, Aromatherapy, Astrology, Bodywork or Massage therapy, Chinese medicine, Counseling, Cranio sacral Therapy, Dietary and nutritional supplements,



Fitness, Flower essence therapy, Hatha yoga, Herbology, Hypnotherapy, Iridology, Light therapy, Macrobiotic lifestyle, Magnetic therapy, Meditation, Music therapy, Naturopathic medicine, Neuro-Linguistic Programming, Occupational therapy, Orthomolecular medicine, Osteomyology, Osteopathy, Physical therapy, Pilates, Polarity therapy, Pranic healing, Prayer, Psychic surgery, Psychotherapy, Qigong, Radionics, Rebirthing, Reflexology, Reiki, Self-hypnosis, Shiatsu, Sound therapy, Support groups, T'ai Chi Ch'uan, Tantric Yoga, Thai massage, Trager Approach, Visualization, Water cure and/or aqua therapy, Yoga, Zang Fu theory, **and many other areas** of health and wellness.

## WHAT DOES MBHA OFFER?

**Health and Wellness Articles** Are you a writer or a reader? MBHA publishes a wealth of *free health education articles, research, and health news updates*, in our monthly "Think FWD" health education newsletter, on our blog site and on our websites on a wide variety of cutting-edge topics.

**Wellness Events** Enjoy attending events? We regularly schedule, sponsor and promote a wide variety of FREE health and wellness events on the California central coast and a free events calendar listing more than *150 events each month*. Events include exercise, meditation, fitness, nutrition, author lectures, spiritual programs, training sessions, youth education, panels, practitioner demonstrations, corporate employee in-services, wellness seminars, healthy families groups, and more.



**Educational Videos** Looking for videos? Our television program, "Making Miracles Happen," won the Edgar Kennedy Award for best television program in the category "Issues and Public Affairs/ Informational." MBHA has over 500 health education referral films in more than 25 different health categories on our YouTube website.

**Forward-Giving Program** The MBHA **Hearts-to-Hands** program is our forward-giving grant program. Hearts-to-Hands helps provide *direct medical services and products* financial aid, food, clothing, health education classes, direct medical care, referral services and more.

**Health and Wellness Referrals** Seeking healthcare? MBHA is the *primary referral and resource agency* for consumers seeking holistic health and wellness services on the Central California coast.

## HOW CAN YOU GET INVOLVED WITH MBHA?

### Intern or Volunteer

Want to enhance your resume, jump-start your career, and make yourself a more marketable employee? MBHA works with local colleges, universities, volunteer centers and health and wellness enthusiasts to provide a wide variety of educational and experiences



**Become a Member** Professionals, corporations, and local health enthusiasts can become members and receive great benefits! Email us at [mbholistic@gmail.com](mailto:mbholistic@gmail.com) or call 831-272-2781 for more information.

**Follow us on Social Media** MBHA is very active on the Internet, and can be found on Facebook, Twitter, LinkedIn, YouTube, WordPress, and Meetup as well as our own online health store. We have over 21000 followers on Twitter and tweet 6-8 health research updates every day. To find all of our websites, visit our home website at [www.montereybayholistic.com](http://www.montereybayholistic.com)

**Make a Donation** MBHA is a tax deductible, 501(c)3 organization. Pay online at [www.montereybayholistic.com](http://www.montereybayholistic.com) or mail us at: MBHA, P.O. Box 249, Marina, CA 93933.

**Share Your Thoughts** Contact us! Complete, copy, and mail the back side of this form to tell us how to best serve you!