

## MEMBERSHIP FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Spouse Name/Specialty \_\_\_\_\_

### Membership Dues

#### County and State

Staff & Emeritus \$35 \$ \_\_\_\_\_

Resident/Fellow/ Medical Student \$20 \$ \_\_\_\_\_

#### National (Optional)

Staff/Emeritus \$50 \$ \_\_\_\_\_

Resident/Fellow/ Medical Student \$10 \$ \_\_\_\_\_

**Tax Deductible Donation** \$ \_\_\_\_\_  
(supports ZVMSA projects)

**Total Enclosed**..... \$ \_\_\_\_\_

### JOIN ZVMSA TODAY!

Each year, we offer an array of social activities, such as the lunch bunch, movie time, touring a museum, or mini-trips. Don't miss out on the fun and join ZVMSA today!

**ZVMSA**  
**PO Box 6841**  
**Rochester, MN 55903-6841**

## BE AS INVOLVED AS YOU WISH

- Volunteering a few hours of your time can have a positive impact on community health.
- You may join a committee or project that utilizes your talents, education, and experience.
- You may be a dues-paying member and support our efforts financially.
- Adding your talents to ours helps us make our community healthier.



**ZVMSA: Improving  
Community Health**

## ZUMBRO VALLEY MEDICAL SOCIETY ALLIANCE



*ZVMSA understands your  
medical lifestyle.*

*Our mission is simple -  
work together to improve  
community health.*

## WHO ARE WE?



- We are the spouses of physicians, medical students, and medical researchers. We are women, men, medical students, teachers, writers, nurses, doctors, nutritionists, artists, professional planners, and more.
- We promote health education and awareness through community outreach projects.
- We sponsor a nursing education scholarship each year.
- We support legislation that assures quality health care.
- We are an organization that creates lifelong friendships.

## SOME OF OUR HEALTH PROJECTS



**Start Smart** - ZVMSA has staffed this story hour at Olmsted County Public Health for more than 20 years.

**Valentine's Day** basket fundraiser to benefit nursing scholarships.

**Support** for local community and global outreach groups by your donations.



*ZVMSA members enjoying a day hike*

## ZVMSA MEMBERSHIP BENEFITS

**Quarterly brunches** with stimulating guest speakers

**Fun activities** such as lucheons, coffees, craft classes, mini-trips, and holiday events

**Information**-packed quarterly e-news

**Community health projects** funded by our dues and donations

**Networking opportunities** with other community health organizations

**Support** from members who understand medical and research families

**Legislative clout** on current medical and health issues

**Opportunities** to attend regional and national meetings.

**Updates** on medical and health issues



*Valentine basket for Nursing Scholarship Fundraiser*