

MEMBERSHIP FORM

Name _____

Address _____

Phone _____

Email _____

Spouse Name/Specialty _____

Annual Membership Dues

County and State

Staff & Emeritus \$35 \$ _____

Resident/Fellow/ \$20 \$ _____

Medical Student

AMAA (Optional)

Staff/Emeritus \$65 \$ _____

Early Career/ \$45 \$ _____

Post Training (Yrs 1-3)

Resident/Fellow/ \$15 \$ _____

Medical Student

Tax Deductible Donation \$ _____

(supports ZVMSA projects)

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