

# Macrobiotic Resources Network

## The Macrobiotic Resources Network is used by:

- centers across the country in providing people access to sources near to them
- travelers looking for contacts along their journey
- individuals interested in keeping up with who's doing what where

## Highlights of the Network are:

- complete listing in each issue of *Macrobiotics Today* (four issues per year)
- updated quarterly for free for accuracy
- those listing choose their own description
- boxed listings for extra explanations and visual impact
- those listing receive full membership privileges from the George Ohsawa Macrobiotic Foundation, including a subscription to *Macrobiotics Today* and a 10 percent discount on retail purchases

**The Basic Listing** allows you up to **eight words** to describe your product or service plus your contact information: name, address, phone and fax numbers, email and website address. The cost amounts to only \$3 per month in the United States—one of the best bargains anywhere.

**The Boxed Listing** allows you up to **thirty-two words** to describe your product or service plus your contact information: name, address, phone and fax numbers, email and website address. The cost amounts to only \$6 per month in the United States—another great bargain.

**The Deadline** for copy is February 15 for Spring, May 15 for Summer, August 15 or Autumn, and November 15 for Winter.

**To begin or renew your listing:** see [www.ohsawamacrobiotics.com](http://www.ohsawamacrobiotics.com), call 530-566-9765, fax 530-566-9768, email [gomf@earthlink.net](mailto:gomf@earthlink.net), or write the address below.

Cost	Mailed issue	Mailed issue	PDF download
	U.S. address	International	Global
Basic Listing per year	\$36.00	\$48.00	\$30.00
Boxed Listing per year	\$72.00	\$84.00	\$60.00
Partial year listings are unavailable—Changes to listings are free			



Make checks payable to G.O.M.F. and send to:

**George Ohsawa  
Macrobiotic Foundation**

PO Box 3998, Chico, CA 95927-3998

530-566-9765; fax 530-566-9768

Email: [gomf@earthlink.net](mailto:gomf@earthlink.net)

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## Type of Listing:

- \_\_\_\_\_ **Basic, mailed magazine, within U.S. = \$36.00**
- \_\_\_\_\_ **Basic, mailed magazine, International = \$48.00**
- \_\_\_\_\_ **Basic, PDF download, Global = \$30.00**
- \_\_\_\_\_ **Boxed, mailed magazine, within U.S. = \$72.00**
- \_\_\_\_\_ **Boxed, mailed magazine, International = \$84.00**
- \_\_\_\_\_ **Boxed, PDF download, Global = \$60.00**

\* If you are already a member of the George Ohsawa Macrobiotic Foundation, we will extend your listing based on the amount of time left on your membership. Call us if you have any questions.

## Payment:

Amount enclosed \$ \_\_\_\_\_ Make checks payable to G.O.M.F.

Visa, MasterCard, or American Express # \_\_\_\_\_

Exp. date \_\_\_\_\_ Verification code \_\_\_\_\_ Signature of card holder \_\_\_\_\_

## Online renewals:

E-mail us at [gomf@ohsawamacrobotics.com](mailto:gomf@ohsawamacrobotics.com) or [gomf@earthlink.net](mailto:gomf@earthlink.net) and we'll set you up to receive renewal notices by e-mail. We also can arrange for secure payments online.

## Listing:

**Contact Person** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **fax** \_\_\_\_\_ **email** \_\_\_\_\_

**Business name/Description** \_\_\_\_\_

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