

Funds raised will enable leading researchers to investigate causes, treatments and cures, support government advocacy efforts to ensure attention to cancer-related issues, create support assistance programs for patients and their families, help educate healthcare professionals on the latest medical advances and provide information to the general public on leukemia, lymphoma and myeloma

There is no cost to participate. Register as an individual walker or gather friends, family and coworkers to form a Light The Night Walk team. Call 908-654-9445 for information or to register.

Holistic Mentorship Network Supports Holistic Practitioners.



Members at a recent Support Group Meeting in Northwest NJ. From left: William Seifried, LPC; Susan Cloutier, HMN Exec. Office Admin; Dawn DeGraw, Owner of Garden of Life Yoga & Massage Center; Dr. Kevin Shaw, DC.

The Holistic Mentorship Network (HMN), 956 Ridge Road, Newton, NJ was formed as a non-profit organization in 2006. "Our mission is "to create a unified community of compassionate, holistic practitioners that will contribute to enhancing our profession and our members by providing a supportive space to share, learn, teach, grow and lead," says Linda Mitchell-Dominguez, Executive Director of the Holistic Mentorship Network.

The Network provides a space, through monthly support group meetings, where holistic practitioners (and those interested in learning more about the holistic health field) can gather to learn about, and experience, different holistic services presented by guest speakers.

There are currently support group meetings in Butler, Montclair, Morristown, Sussex County and The Greater Princeton area. Plans are underway to start another group in Brooklyn. Dominguez will train facilitators who are interested in beginning a group in their area.

To learn more about Holistic Mentorship Network, based at 956 Ridge Road in Newton, New Jersey, or how to become a member and receive information on the dates/times where support groups meet, visit mentorshipnetwork.com. See ad on page 38.

"Real Mamma" Inspires Environmental Stewardship

Mothers and caregivers of the next generations can now learn how to integrate environmental stewardship into their every day lives as well as how to achieve general wellness with eco-friendly activities, practices, and products.

"As mothers and professionals, we want to share our growing knowledge of environmental issues and the relationship between such issues and children's health and wellness," said M. Kirstin McPolin, of Middletown, NJ, and President of Real Mama, Inc.

The 2003 U.S. Census reported that there are nearly 36,000,000 American families with children under the age of 18. "Imagine if the mothers and caregivers of those children practiced more environmentally friendly ways of living. If the children modeled that behavior, in just two decades America would have a new generation of environmental stewards, protecting our natural resources and the health of generations to come," said Camille Lofaro Sowinski, Real Mama Treasurer.

Real Mama, Inc. is a 501(c)(3) nonprofit organization with the mission to inform and educate mothers and families and to increase awareness and conservation of the natural environment through the most important resource – children. Three stay-at-home moms with significant educational and professional backgrounds in the environment and law launched the organization in April 2005.

Through the organization's website, quarterly web-based newsletter reflecting fresh and applicable topics to the time of the year, and various outreach activities, Real Mama strives to provide information to busy mothers and other caregivers in an easily-digested format, covering various environmental and children's health topics, information on legislative happenings, and ideas for environmentally conscious children's activities. Real Mama posts articles relative to the earth, water, air, and minds and bodies.

For more information about Real Mama, past newsletters, online resources, and donations, visit RealMama.org.

Natural Awakenings Annual Conference Raises the Bar

Natural Awakenings Publishing Corporation's 2007 Annual Publishers Conference in Naples, Florida last month was all about raising the bar of "possibilities" to an "unlimited" level. Sixty Natural Awakenings publishers and partners gathered from as far away Puerto Rico; Ann Arbor, Michigan, and Kansas City, Missouri; and as nearby as Sarasota, Miami and Orlando, Florida.

Natural Awakenings magazine franchise owners representing 43+ markets heard how and why alternative therapies are going mainstream, how they can help non-profit groups raise awareness of good causes, and the mighty range of healthy and environmentally responsible products



An original work created on site by Ft. Lauderdale publisher, Susan Q. Wood, of "quantum energy" expressed singly by Natural Awakenings publishers and as part of greater wholistic beauty.