



Arizona Society for
Professional Hypnosis

[Arizona Society For Professional Hypnosis](#)

www.hypnosisaz.com

[ASPH Newsletter Hyperlink](#)

Next Meeting – Tuesday, March 1, 2016

6:30 – 8:30 p.m. SHARP

Presenter – Michael DeSchalit

Topic – “The Truth Behind Hypnotic Induction”

Rapid Inductions vs. Progressive Relaxation Inductions

Demonstrations.... Volunteers Welcome... Invite Your Friends!

[Meeting Location](#)

[Scottsdale Senior Community Center](#)

1700 North Granite Reef Road

Scottsdale AZ 85257

Meeting Room 7

<https://maps.google.com/maps?hl=en&tab=nl>

SKYPE

Continuing our journey through the 21st Century, ASPH brings you the monthly meetings LIVE and ONLINE in case you can't make it to Scottsdale.

This month, on March 1, 2016, you can join by clicking the following link:

<https://join.skype.com/yCBeguEaf8xu>

This technology requires that you have Skype on your computer or mobile device and that it must be updated to the most recent version.

For questions and concerns, you can try <http://www.skype.com> . Or you can contact me directly at the mobile number listed below.

See you soon online! Umesh Tiwari, MD CHT

ASPH Technical Advisor

Umesh Tiwari, MD, CHT

Arizona Center for Hypnotic Healing

530 E McDowell Rd, No 107-622

Phoenix, AZ 85004

(951) 443-6969 mobile

(602) 490-8427 office

(800) 508-2215 fax

DrUmesh@AZHypnoHealing.com

PRESENTATION – Michael DeSchalit - I am honored to once again present at the ASPH Meeting to my colleagues and peers.

THE TRUTH BEHIND HYPNOTIC INDUCTION

Rapid Inductions vs. Progressive Relaxation Inductions

Attendees will learn...

- The different types of inductions ranging from Progressive Relaxation, to Visualization to Rapid and Instant Inductions.
- When the Induction really begins.
- The “Stage Show Induction” - Rapid Induction OR Rapid Re-Induction?
- The necessary pre-requisites to a successful induction (Imagination, Impressionability and Trust/Rapport).
- How to set up your client for a successful induction (Expectations, Pre-Talk and Testing).

- What type of induction to use, when and why.
- AND... A special BONUS... A process that helps you know what words to use during an induction.
- Demonstrations of different Types of Inductions will be demonstrated...

Michael C. DeSchalit - Bio

He is a graduate of the University of Arizona with a degree in sociology, emphasizing group dynamics. In addition to being a Certified Consulting Hypnotist, Michael is a Master Stage Hypnotist, Professional Magician and a Nationally Certified Motivational Speaker, Trainer and Facilitator and over the past 20 years he has performed for and presented to over 750,000 students, teachers and business professionals in twenty-two states in four countries and on two continents. He has written and implemented hundreds of seminars and has over a decade of experience. Michael has added the title of Author to his resume, publishing a children's book that uses hypnotic language for success and his second book is titled "Unleash The Power Of Success" and is geared towards adults and success strategies.

As a Hypnotist, he received his training first from the Masters Ultimate Stage Hypnosis Seminar, under the direct mentoring of Jerry Valley and the Father of Modern Stage Hypnosis and Dean of American Hypnotists, Dr. Ormond McGill and then later from the Westland Institute for his Clinical Hypnotherapy Certification. Michael is now on staff as both an instructor and performer for the Masters Ultimate Stage Hypnosis Seminar and is a member of the Adjunct Faculty and Certified Instructor of the National Guild of Hypnotists and was recently awarded the "Hypnotism Achievement Award" by the Guild placing him in the ranks as one of the top hypnotists in the world. He owns and operates Motivating Minds Hypnosis Center in Tucson. Michael is a member in good standing and a Past President of the Arizona Society of Professional Hypnosis.

Michael C. DeSchalit, CI, CH

Motivating Minds Hypnosis Center

7301 E. 22nd St., Ste. #1-C

Tucson, AZ 85710

[\(520\)270-0183](tel:(520)270-0183)

motivatingmindshypnosis@gmail.com

www.motivatingmindshypnosis.com

Our next short ASPH program will be case discussion, so please think of any questions you need answers to or advice from the group about on issues you may be dealing with in your hypnosis/hypnotherapy practice.

If you would like to be one of the ASPH featured speakers for next year, contact Sam Sterk, our current ASPH vice-president so he can schedule you in. You can contact Sam at peakplus@aol.com.

OFFICERS

President: Kate Ellis – kellis19@hotmail.com

Vice-President: Sam Sterk, Ph.D. – peakplus@aol.com

Secretary: Debbi Combs – asphsecretary@gmail.com

Treasurer: Jodi Hert – jodihert@cox.net

Technical Adviser: Umesh Tiwari – DrUmesh@AZHypnoHealing.com

A MESSAGE FROM KATE ELLIS – ASPH PRESIDENT

Hello ASPH Members, friends and colleagues, it is with a heavy heart I announce the passing of one of our esteemed members, Nina Laveson. There aren't many details except it was totally unexpected.

STEVEN – NINA LAVESON'S NEPHEW

Dear friends of Nina Laveson. Nina has passed on Saturday Jan 30 completely unexpectedly. She was so many amazing things including the woman who raised me and took me in (Steven), a loving Aunt and motherly figure to her nephew (Scott), to a daughter who loved her mother deeply (Marjorie), a selfless friend, a spiritual being, a small business owner, a marathon runner, a massage & hypnotherapist, a dog lover, a healer, a mother to two nephews who really needed one, a strong independent woman, a people person, fun and funny, a rare and wonderful human who gave so much love to everyone and anyone, who was so loved by so many, a person you could talk to and trust. It's so unreal that she is gone. We don't know what happened yet and won't for a little while. Your phone calls, messages, and posts on her Facebook are so comforting.

RABBI SUSAN SCHANERMAN'S EULOGY FOR NINA

Nina was born during a snowstorm in December 1960 in Pennsylvania. A shy, quiet girl, she loved animals and frequently brought home strays which the family could not keep as they lived in an apartment. She played flute in the school orchestra and enjoyed good friendships throughout her youth.

After high school, Nina attended the University of Pittsburgh for one year, until she realized that she wanted to study Environmental Science. She located a program at the University of Arizona where she completed her degree several years later. She accepted a job at the Painted Desert as a forest ranger but this was during the Reagan years and her position was eventually eliminated. She was offered a job in the Tucson mountains where the only access was by mule, but conversations with Marjorie convinced Nina that this might not be a good next career move. She came to Phoenix to work at the Desert Botanical Gardens – as a buyer in the gift shop. She would go on to work for Southwest Airlines for many years in reservations before she decided to pursue a career in massage therapy. She went back to school and became an entrepreneur, working in chiropractor's offices, for On-Semi as a chair masseuse, and in her own office space. She explored medical hypnotherapy and was operating two businesses at the time of her death.

Nina was a marathon runner, a bike rider, and an advocate for healthy eating. Her family recalls the green smoothies that she drank in the morning and the avocado pudding that she prepared, and her great progress in cooking over the years. Nina loved her dogs and was active with a dog park group that met frequently. Jackson, her terrier mix, has found a new home with one of Nina's friends.

No mother should lose a child, and Marjorie has now lost both of her daughters. Nina and Marjorie were best friends. They spoke daily and it was Nina who looked after Marjorie and saw that her needs were met as Marjorie's health declined. They enjoyed shopping together, eating Thai food at Mali's restaurant, and just talking as a mother and her beloved daughter would.

Nina was a surrogate mother to her nephew Steven who lived with her and Marjorie for many years. Her strength and her devotion to Steven, her openness to his friends, her unconditional support gave Steven the encouragement he needed during difficult times in his life.

Nina's family describes her as caring, altruistic, generous, positive, optimistic. She had a good sense of humor, was intuitive and spiritual if not religious, proud of her Jewish heritage, and full of life, energy, enthusiasm and spirit. She will be missed greatly by her family and her many friends.

L'shalom,

DON RICE has been quite sick but is doing much better now. Sandy Graves stepped in to help Don and his family both personally and with Don's business. Let us send Don and his family and Sandy and her family some good thoughts and loving energy.

ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS

Membership Renewal Form

RENEW YOURSELF WITH ASPH for another year by going to the website, www.hypnosisaz.com

and paying online, or:

Send a \$35.00 check, "PAY TO THE ORDER OF ASPH"

Mail to:

***Jodi Hert, ASPH Treasurer
16845 South 11th Way
Phoenix, AZ 85048***

Tuesday Meetings: 6:30 PM – 8:30 PM

Certificates & C. E. U. Credit Hours Awarded for Attendance to ASPH members (2 credits per meeting).

ASPH Website

www.hypnosisaz.com is the domain for Arizona Society for Professional Hypnosis. [Click here](#) for a link that takes you directly to the newsletter posted online.

Attention All Practicing Hypnotherapists:

If you wish to have your "professional hypnotist" contact information listed on the ASPH website, please send your name, areas of expertise, your website address, business name, city, address and location (cross streets), phone number, email address, and a picture of yourself (optional) to Jodi Hert at info@hypnosis.com. The one-time cost is \$35.00. You can also hand all your information and payment to Jodi at an ASPH meeting.

Notes from the Secretary: Debbi Combs

Send all announcements of future events [seminars, classes, presentations, etc.] to Debbi Combs at asphsecretary@gmail.com.

A reminder ... The cut-off date to add event information to the monthly newsletter is the 13th of the month following the last meeting. Please submit your event information on or before that date via email to asphsecretary@gmail.com.

Member Newsletter Announcements should be approximately 1/4 page and ready to cut and paste into the newsletter. All newsletter announcements must be directly connected to enhancing hypnosis techniques and therapies or serve as a support to the business and profession of hypnosis and hypnotherapy.

If you submit anything to be included in the newsletter or on our ASPH website, please make sure you have not infringed on anyone else's copyrighted material. Permission is necessary from a copyright owner to use their copyrighted material. If we believe information has possibly been copyrighted, we will want to see the permission before we will print anything to our newsletter or website.

To help grow your hypnosis/hypnotherapy business, check out this link: <http://arizonaquote.com/events-calendar> . It is a monthly calendar of Arizona events that you may want to attend and hand out your business cards and meet people.

A GIFT FROM KATE ELLIS, OUR ASPH PRESIDENT

The professional lending library currently has over 900 sundries of all sorts; Books from 1913 through to 2015. As often We have Videos, in which many I have converted into digital format of DVD's. There are CD's, Cassettes, Magazines, Scripts and so much more. I am very pleased with the amount of training materials for basic hypnosis and related fields to advanced training and techniques.

This library is exclusive to the ASPH membership and is free... of course unless you do not return materials. When you would like to visit, simply ring me up to arrange an appointment. If you are interested in donating hypnosis and related materials, please let me know, I would be most happy to help you declutter and allow something that assisted you along the journey of professionalism.

Do Enjoy. Kate Ellis, CChT The Healing Quest (480) 695-1936

A private discussion group for ASPH members has been organized by Tom Hajek at asph@googlegroups.com. Any ASPH member may comment, post, and participate in discussions.

Here are two seminars that you do not want to miss out on. Both are taught by a team of leaders in the field of hypnosis and hypnotherapy. This is your opportunity to increase your income by increasing your knowledge and skills. If you are at all interested in making more money than you are making now and helping even more clients,

CALL Michael C. DeSchalit for more information. He can be reached at [\(520\)270-0183](tel:5202700183). Don't wait! Call now to take advantage of early registration offers.

THE HYPNOTIC GASTRIC BAND SYSTEM SEMINAR - March 12th & 13th, 2016 - Las Vegas

How would you like to help people to lose weight permanently and you make \$100 or MORE per session? Michael C. DeSchalit and I will teach you our **HYPNOTIC GASTRIC BAND SYSTEM** which is a non-surgical, very safe and successful program. For only \$795 you can be in our **2 day work shop March 12 & 13 in Las Vegas**. All manuals and materials included plus our **FREE** after class support. Get into this lucrative career now on a part or full time basis as a certified practitioner. **Call me, Jerry Valley, now for details. [\(978\)609-1725](tel:9786091725).**

**The Ultimate Stage Hypnosis Seminar
Monday March 14~ Friday March 18, 2016
at the Orleans Hotel & Casino, Las Vegas, NV., USA
Special Room Rates \$49 per night \$89 Fri & Saturday

NOW YOU CAN DO HYPNOSIS SHOWS AND SKYROCKET YOUR INCOME!

*****THIS IS A NATURAL SPRINGBOARD FOR MAGICIANS, HYPNOTHERAPISTS AND ANYONE WHO HAS THE DESIRE FOR FINANCIAL INDEPENDENCE*****

*** Make back your investment in your first 2 or 3 shows * Travel with expenses paid * Get agents to book your show * Work part or full-time * Do shows within weeks after the course * Sell CD's & DVD's**

*** Hypnotherapists with a practice can easily get more clients**

- PERSONALIZED HANDS ON TRAINING
- \$2000 IN MATERIALS, FOOD & MEMBERSHIPS
- AMAZING ROUTINES
- RAPID HYPNOTIC INDUCTIONS
- HOW TO GET THE BEST VOLUNTEERS
- LECTURE/DEMOS FOR HYPNOTHERAPISTS
- MAKE FROM \$1000 TO \$3000 PER SHOW
- * TRAVEL FREE
- MARKETING FOR MAKING MEGABUCKS
- CONT'L BREAKFASTS AND LUNCHEON BUFFET
- SUPERVISED STUDENT PRACTICES
- \$100 STAGE HYPNOSIS SAFETY CERTIFICATION
- *5 BRILLIANT INSTRUCTORS



Mike De Schalit Amye Scharlau Kellie Karl



Tommy Vee

Jerry Valley

THIS IS REALLY HAPPENING! Don't miss this opportunity to learn the secrets of the trade from the greatest hypnotists who actually have catapulted entertainment hypnosis into the limelight and the demand is enormous!

*****Value of the materials, food & certification- \$1800. DO NOT DELAY-WE ARE ACCEPTING ONLY 20 NEW STUDENTS *****

WHAT OUR STUDENTS ARE SAYING ABOUT OUR SEMINARS

• *Jerry, I'll see you in Las Vegas and we'll be playing opposite each other!"*

Mike Harrington (Magician), Rochester, NY

• *"This is the best training in Stage Hypnosis anywhere. Jerry's one-on-one pointers have put mega-bucks in my*

pocket." Dave Hill, Hayward, CA.

• *"I knew nothing about hypnosis. I can tell you now it is real.....it's worth it.....take this course!"*

Mark Clark (Magician), Stroudsburg, PA

• *"For anybody who wants to become a hypnotist, these are the guys you want to train with."*

Eric Antich, Emmanus, PA

• *"I traveled 6,000 miles to be here. It was worth it."* Barry Colley, Devon, England

Learn From the Full-Time Professionals In This Field

JERRY VALLEY has traveled the world for over 45 years as the star hypnotist on cruise ships, resorts, television, movies, and was featured on ABC's "20/20" TV show. He is the author of the best-seller book "Inside Secrets of Stage Hypnotism." Jerry and a fantastic staff of teachers, with over 100 years

of experience, team up to *personally* teach you how it is done in easy, step-by-step methods with which YOU become the star of your very own Hypnosis Show. You will learn show secrets that others keep secret.

TOMMY VEE has been presenting his hypnosis demonstration to Corporations, Universities, State Fairs, High Schools, throughout the United States, Canada and the United Kingdom. His shows are dynamic and outrageously funny. Trained personally by Jerry Valley and also by Ormond McGill, Tommy explains how you can do it just like the pros.

MICHAEL DESCHALIT, a well-known professional magician and stage hypnotist, is one of the busiest performers in the business and in this seminar, he will teach you just how it is done. His comedy hypnosis show is one of the best in the country.

AMYE SCHARLAU, a beautiful and fantastic stage hypnotist and instructor doing shows worldwide. She is BRILLIANT!

KELLIE KARL, a beautiful and experienced stage performer on cruise ships, Vegas and shows worldwide.

*****5-FANTASTIC INSTRUCTORS WHO WILL TEACH YOU EVERYTHING FOR YOU MAKE GREAT MONEY*****

SEE: WWW.STAGEHYPNOSISSEMINAR.COM REGISTER BY DECEMBER 31st AND SAVE \$300

TO RECEIVE THE DISCOUNT YOU MUST ENTER CODE: DIAMONDS-MAGIC

Jerry Valley Productions, Inc., 236 Pleasant Street, Methuen, MA 01844 USA

CALL NOW: 978-688-6657 ~ www.stagehypnosisseminar.com ~ email: jerryvalley007@aol.com

info@britcomedydoc.com

I will be featuring at the comedy spot in Scottsdale on April 3rd. The Joel Cooper & Friends Show starts at 7 pm and tix are available here:

<http://thecomedyspot.net/shows/joel-cooper-and-friends/>

It would be great if you would come and see me perform alongside other professional comedians.

Best wishes,

Doctor Daniel Nightingale - The Brit Comedy Doc

[928 899 0647](tel:9288990647)

TheBritComedyDoc.com

HYPNOTHERAPY FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER (ALZHEIMER'S AND OTHER DEMENTIAS) will be held in Scottsdale on **April 9th and 10th**

Why this training is important: An estimated 5.4 million Americans have Alzheimer's disease alone. This **does not** take in to account those living with other types of dementia (*there are over 100 types of dementia*), nor those who do not have a formal diagnosis, in which case the numbers could be doubled. With the aging population and one in eight people age 65 and over having Alzheimer's disease, it won't be too long now before someone comes to see you for help – help with the challenges brought by dementia.

When you take this class taught by **Dr. Daniel Nightingale**, the **world leader** in the use of hypnotherapy for people living with dementia and the only one teaching this; he will share his knowledge, experience and skills with you, including how to do a proper assessment and why working with dementia clients is different.

Dr. Nightingale will share the techniques that he used in his Alzheimer's Care Today study that showed amazing results.

Then when you get that knock at your door from a person living with dementia, **YOU** will be the hypnotherapist that can actually help them.

There is more information and the link to register is here (there is a discount or ASPH members): <http://dementiatherapyspecialists.com/calendar-of-events/>

Dr Daniel J Nightingale
Clinical Dementia Specialist & General Psychotherapist
Fellow of the Royal Society of Medicine

[\(928\) 899 0647](tel:9288990647) (Prescott)

[\(480\) 725 7996](tel:4807257996) (Scottsdale)

Dementiatherapyspecialists.com



SPORTS HYPNOSIS CERTIFICATION-A ONE DAY SEMINAR

By

Sam Sterk, Ph.D.

Date: Saturday, April 16, 2016

Time: 9:00-6:00 PM

Place: Office 9035 East Kalil Dr. Scottsdale, AZ 85260

Fee: The \$279.00 fee includes a Manual, a catered lunch, a handsome professional certificate of course completion and a raffle drawing.

Course Highlights: Everything you want to know about Sports Hypnosis

***Initial interview and Assessment Tools

***Engaging the client in Sport Hypnosis contract vs. the hourly rates

***The Uses of Assessment tools to pin point areas where client progress is needed

***Hypnotic Interventions to help clients improve their Focus, how and when to Re-focus, develop Positive Self Talk; CUE words and improve Self Confidence

***The uses of Visual Imagery to enhance Focus and performance in sports

***Uses of Stop-Thought Techniques to enhance sports performance; how to regain Concentration when it's been lost

***uses of Positive Self Talk Arousal Regulation and Cue words prior and during competition

*** How to have and use a Competition plan

***Hypnosis Pain Reduction techniques for the injured athlete

***Marketing your Sports Hypnosis skills-develop a market and additional streams of income

To Register:

Call: 480-767-0956 to ensure your placement in this course

Email: peakplus@aol.com

Pay by check or credit card (Visa or Master Card)

☑ EXTRA SAVINGS!!!! Register by April 6, 2016, and be eligible for an additional course savings of 10 %-a saving of \$27.90 and you will pay \$250.00 Act now to benefit from this Saving!!! The entire course

highlights: Instruction and Mentoring, a Manual, Lunch, a Professional Certificate and a free Raffle drawing.

Sam Sterk's Bio:

Sam Sterk, Ph.D., is a trained Psychoanalyst, a registered Sport Psychology Consultant and has had an affiliation with the U.S. Olympic Training Center. He is certified by the American Association of applied Sport Psychology and is also a Certified Master Hypnotherapist. Dr. Sterk completed post graduate training at the New York Institute for Psychoanalytic Psychotherapy and Psychoanalysis in 1984. His Graduate education includes an MSW degree at University of Buffalo (S.U.N.A.B.) and he completed doctoral studies at Columbia University. Dr. Sterk is the Director of Peak Performance Plus LLC, a Counseling, Hypnosis and Sports Psychology practice. Sam Sterk, Ph.D. trained and was certified by Dr. Harry Aarons, an internationally renowned Hypnotherapist. In addition to his private practice, Dr. Sterk teaches a course entitled Medical Hypnosis at Midwestern University medical school. Sam Sterk, Ph.D. is certified in Hypnoanaesthesiology for pain management with the uses of Hypnosis. He has copyrighted and trademarked the C.A.P. - the Comprehensive Athletic Profile- an assessment tool used with athletes to measure traits that are associated with athletic success. Sam Sterk, Ph.D. has presented at national conferences of the American Association of Applied Sport psychology and NGH- the National Guild of Hypnosis. Sam Sterk, Ph.D. is a published author of a memoir entitled, SAMMY'S JOURNEY.

Sam Sterk, Ph.D., CC-AASP # 177

Peak Performance Plus LLC

Tel/Fax [480-767-0956](tel:480-767-0956)

peakplus@aol.com

www.peakplusaz.com

www.azolderadultplacement.com

Low Heller's "Public Speaking" Class – Saturday, April 29, 2016.

Time – 8:30 A.M – 5:30 P.M.

A one day training program with the following objectives:

Improve your confidence with public speaking - I have successfully worked with a number of public figures to improve their confidence and skills with public speaking. I have developed a hypnosis recording specifically for this program to improve your public speaking abilities and confidence.

Improve your charisma - Did you know that charisma can be measured and improved and is the number one element companies are seeking when looking for a CEO. - One of my clients just told me she watched one of her colleagues climb the corporate ladder to get to the top. To quote my client, "She could not add up 2 + 2 but she was charismatic and I could not figure out at the time why she kept getting promotions."

Understand the elements of charisma and begin to develop them in yourself. Hypnosis recording specifically created to internalize these techniques.

Learn the same "mass hypnosis" techniques utilized by many influential leaders - Understand how the person who utilizes these techniques the best will be the next President. We will analyze. Barack Obama used these techniques to win elections and they enabled Hitler to rise to power and control in Germany. - Hypnosis recording created for you to internalize the learning and utilization of these techniques. Then...

Practice the techniques you have learned by delivering a speech to the group - the best way to internalize what you have learned is to actually use this opportunity immediately to utilize the techniques you have learned.

Program Cost is \$249.00

Saturday, April 29, 2016 Time: 8:30 AM to 5:30 PM - Working Lunch Provided

Location: 11120 N Tatum Boulevard

Suite 101

Phoenix, AZ 85028

Contact: Lewis Heller at [602-502-4000](tel:602-502-4000) or

lewisheller@mac.com to register.

Thanks for viewing this important material. Hypnotists Donald H. Rice, CCH, PIN & Sandi Graves, BCH have personally created and recorded every one of the KISS Audio Downloads. You can count on each and every download to be very professional and to make the changes you want and need. ***Enjoy, Don***

Donald Rice, CH

[\(480\) 577-0264](tel:480-577-0264)

DonRiceClinics.com

HypnosisComedyShow.com

KISSHypnosisScripts.com

HypnosisAudioSite.com

GastroBandHypnosis.com

Networking

The following members are available to easily network among ASPH members. If you would like to have your contact information included in this list of ASPH members, please email info@hypnosisaz.com with your name, phone number and email address.

Lindsay Brady hypnotherapist@lbrady.com 480-966-8571

Sandi Graves sandi@arizonafamilyhypnosis.com 480-628-5436

Phil Hamilton phil@trancepathways.com 602-330-6886

Alan Handelsman alanhand@aol.com 602-478-8346

Robert J. O'Connor rjocstar@juno.com 602-593-4006

Martha Reed martha@insightsforlife-coach.com 623 249-5888

Sam Sterk peakplus@aol.com 480-767-0956

Tina Sacchi Tina@TinaSacchi.com 623-261-6167

Social & Professional Networking on the Internet:

www.selfgrowth.com

www.hypnothoughts.com

www.linkedin.com

www.facebook.com

www.twitter.com

ARIZONA SOCIETY FOR PROFESSIONAL HYPNOSIS

Membership Renewal Form

RENEW YOURSELF WITH ASPH for another year by going to the website, www.hypnosisaz.com

and paying online, or:

Send a \$35.00 check, "PAY TO THE ORDER OF ASPH"

Mail to:

***Jodi Hert, ASPH Treasurer
16845 South 11th Way
Phoenix, AZ 85048***