



Submission Form for Upstate Natural Awakenings
Community Resource Guide/Directory Listing

Remember to email completed form to: Publisher@UpstateNA.com

Due on or before the 10th of the month prior to publication.

List your category here: (i.e. Massage, Chiropractor, Acupuncture)

Basic listing: 4 name/address lines (28 letters & spaces max per line) and 25 word description.

- ❖ Extra name or address lines: \$4.00 each
- ❖ Extra words: \$1.00 each
- ❖ Inclusion of photo or logo:\$10.00 each

Name/Address lines (business name, address, contact, phone number, email, etc.)

NOTE: maximum 28 characters and spaces per line.

Line 1.

Line 2.

Line 3.

Line 4.

Extra Name/Address lines (other phone/fax lines, websites, email, etc.) Cost: \$4.00/each line

NOTE: maximum 28 characters and spaces per line.

Extra

Extra

Extra

25 Word Description: NOTE: websites count as the number of words in name.

Extra Words in Description: beyond the first 25 (if desired)

Include photo or logo (\$10.00 per month) yes no