



To Whom It May Concern:

Doctors for Health and Wellness is a non-profit organization which has provided a way for health oriented doctors to team up with local employers for the purpose of providing truly health oriented education to members of the community. Through Doctors for Health and Wellness, local doctors donate time each month to speak on topics such as nutrition, weight loss, stress reduction techniques, back safety, and many more. Through partnerships like this, we can really begin to make a difference for individuals, their families and our communities

As a human resource director or a benefits manager, you are in the unique role of influencing the health and wellbeing of your entire workforce...not a small task by any means. Although traditional human resource responsibilities were geared more towards providing a capable workforce through extensive pre-hiring screenings and maintain the benefits and insurance policies of the workers, today that responsibility also includes enhancing the lives of those workers.

As more health care providers are educated and actually taught in their post-graduate training that putting care in the companies will help the care of the community, many doctors have attempted to answer the call by providing introductory wellness programs to those outside of their practices. The Doctors for Health and Wellness foundation was borne out of this demand to further that wellness message, as well as standardize a delivery system of pro-active wellness exposure to groups of all sizes, corporate or community alike. With more time to spend on the employees and their needs, the outsourcing of some of these health enrichment activities frees up the human resources department. This trend of pro-active wellness is growing a stronger rate today and in the near future we may see even more dynamic changes to the way corporate wellness works, such as functional workspaces and wellness incentives for employees.

We are interested in setting up a series of lecture events for you and your employees in which your local volunteer doctor will present the topics you choose that are most relevant to your organization.

Attached please find a brief biographical of your local volunteer presenter, Dr. John Coleman, as well as a certificate of our non-profit organization status. I will follow up with a phone call in case you have any questions and to discuss any details. We look forward to working with you!

Yours in Wellness,

Ashley Low
Volunteer Coordinator
Doctors for Health and Wellness

INTERNAL REVENUE SERVICE
P. O. BOX 2508
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: **APR 21 2012**

DOCTORS FOR HEALTH AND WELLNESS INC
14751 PLAZA DRIVE STE K
TUSTIN, CA 92780

Employer Identification Number:
27-3153303
DLN:
17053297357011
Contact Person:
KAREN A BATEY ID# 31641
Contact Telephone Number:
(877) 829-5500
Accounting Period Ending:
December 31
Public Charity Status:
170(b)(1)(A)(vi)
Form 990 Required:
Yes
Effective Date of Exemption:
July 9, 2010
Contribution Deductibility:
Yes
Addendum Applies:
No


Dear Applicant:

We are pleased to inform you that upon review of your application for tax exempt status we have determined that you are exempt from Federal income tax under section 501(c)(3) of the Internal Revenue Code. Contributions to you are deductible under section 170 of the Code. You are also qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Code. Because this letter could help resolve any questions regarding your exempt status, you should keep it in your permanent records.

Organizations exempt under section 501(c)(3) of the Code are further classified as either public charities or private foundations. We determined that you are a public charity under the Code section(s) listed in the heading of this letter.

Please see enclosed Publication 4221-PC, Compliance Guide for 501(c)(3) Public Charities, for some helpful information about your responsibilities as an exempt organization.

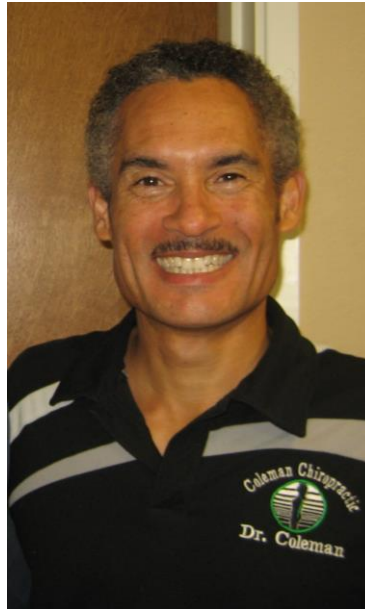
Sincerely,



Lois G. Lerner
Director, Exempt Organizations

Enclosure: Publication 4221-PC

Letter 947 (DO/CG)



A b o u t t h e D o c t o r

**Dr. John H. Coleman
1219 Forest Avenue, Suite I
Pacific Grove California 93950
Telephone: 831-375-0270**

Web site: www.colemanfamilychiropractic.com

Dr. John H. Coleman graduated in 1998 from the prestigious Life Chiropractic College West, Summa Cum Laude, and also holds a B.S. in Health Sciences. He is certified in Pettibon Spinal Biomechanics and has completed numerous additional post doctoral certifications. He specializes in Wellness, and is certified as a Wellness Coach. He earned an advanced certification in Wellness Coaching in 2007. As the founder, CEO, and treating doctor at Coleman Family Chiropractic, Dr. Coleman holds a permit as a Radiological X-Ray Supervisor and Operator. He maintains many strong affiliations with organizations like Doctors for Health and Wellness, The Planet Wellness Foundation, and The Foundation for Wellness Professionals. Dr. Coleman believes in giving back to his community; he regularly volunteers his time to conduct professional presentations on health topics at many locations.

He incorporates a variety of techniques to provide cutting edge care specifically tailored to meet your personal needs. Dedicating himself to continual research and education, Dr. Coleman diligently strives to bring the latest information and techniques to his practice to best serve you. He strongly believes in your ability to create your own health and wellness, and works with you to achieve this. Too many of us live below our potential, constantly besieged by negative stresses that undermine our quality of life. Dr. Coleman knows that the greatest gift you can give your family, your friends, and yourself is to achieve your highest potential in life.

Dr. Coleman is a proud family man, raising his sixteen and twelve year old children with his beautiful wife in Pacific Grove. Born and raised here in Monterey, he is also a U.S. Army Veteran. Dr. Coleman invites you to contact him personally at colemanchiro@sbcglobal.net with your questions or comments.

PROFESSIONAL LECTURES PRESENTED:

Outside Lectures & Locations

“The Five Secrets to Permanent Weight Loss” - Curves of Pacific Grove, Slender Lady of Monterey

“The Vaccination Controversy” - The Holistic Mothers Network

“Chiropractic History and Theory” - California State University at Hayward

“Chiropractic Pediatrics” - Parents Place of Pacific Grove

“Pregnancy and Chiropractic” - The Monterey Institute of Touch (Carmel)

“Chiropractic Wellness” - Your Health radio show

“The Wellness Revolution” - Your Health radio show - Creating Wellness Center of Salinas

“The Chiropractic Story” - Pacific Grove Middle School

“The Three Solutions to Your Health Problems” - Department of Defense, TOPS of Seaside, Defense Language Institute DOIM, The Leadership Development Program DMDC, Robert Down Elementary School, Charter School of Pacific Grove, Fitch Middle School, First Church of God, DLI Mid East 1

“Save Your Family’s Life” - Peninsula Christian Center

“Stress Management” - Navel Postgraduate School Fitness Center, Monterey Pines Nursing Facility

“How to Move, Eat and Think Well” - DLI Mid East 1

“The New Solution to Accelerated Weight Loss” – Border’s Book Store, DLI Mid East 1

“Peak Performance” - Curves of Pacific Grove

“Active Isolated Stretching” - Team in Training, Ghost Tree Racing Cycling Team, PG High girls soccer team

In Office Workshops

“Trigger Point Therapy”

“Active Isolated Stretching”

“How We Move, Eat, & Think”

“Homecare Class”

WORKSHOP COURSE SUMMARIES

Eat Well, Move Well, Think Well

Why do people get sick? This presentation covers the three underlying causes of health problems including: stress, toxicity, and nerve interference. With this presentation you will be able to give the public not only a complete understanding of illness but also the solutions, first by educating the public of what is going on with their health, and then how you can use natural healthcare, cleansing, together with supplements (nutrition) to prevent and eliminate the cause of disease.

Successfully Managing Stress

This is a dynamic presentation that will provide a whole new way of viewing stress. In a small group format, we teach the skills to allow you to overcome the harmful dis-stress from your work and life. We discuss what stress really is, how it affects your health and what you can do about it, natural solutions to improve energy, loose unwanted weight and resolve pain and physical limitations. Many have been helped to virtually eliminate a large part of the stress in all aspects of their lives.

Save Your Family’s Life

This presentation covers the basics that all families should be aware of in order to raise a healthy family in today’s environment. It covers proper nutrition, environmental toxicity, exercise and proper function. From the birth process to high school sports, from learning to walk to carrying a backpack, children are subjected to health problems and trauma that can affect the well-being of their lives. Infantile colic, ear infections, tonsillitis, scoliosis, adolescent low back pain and even so-called “ADD” can all be related to treatable health problems such as allergies, low blood sugar, nutritional deficiency and impurities in the body. The purpose of this workshop is to educate parents on safe, natural alternatives to treating family health problems that don’t involve drugs or surgery.

How to Turn Your Body into a Fat-Burning Machine

This educational tool helps promote cleansing programs by presenting information on how they can remove toxins in order to lose and keep off excess weight caused by toxins in the body. No other program attains the same results. The fact is, in today’s environment, people are exposed to an increasingly wide variety of toxins, all of which have a compounding negative effect on their health. Toxins and other chemicals are found in the food we eat, the air we breathe and the water we drink. To live a healthier life, one must remove the toxins from the body and, in return, the body will shed excess weight and toxic fat. This has been achieved with cleansing in combination with natural healthcare.

Stay Fit While You Sit

This is a hands-on presentation where you will learn new ways to de-stress your body and stay healthy even when you’re not physically active. Not everyone has a job where they have the luxury of moving about and being active; most people spend the majority of their day sitting at a desk or behind a computer. We will help show you ways to develop good habits that will help keep you comfortable throughout the day; by teaching proper office ergonomics you can learn: how to protect your back, stretching and toning exercises that you can perform at your desk, and ways to reduce your stress levels.