

LIVING WELL AT EVERY AGE

A lifestyle publication promoting health, well being, happiness and fulfillment.

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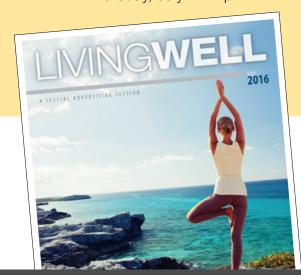
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Space & Press Release Deadline:

Monday, July 11 Noon

Ad Deadline:

Thursday, July 14 4 pm



NEW AD SIZES

| | Tabloid | |
|---------------|---------|----------------|
| Size | Rate | Ad Size |
| Full Page | \$1,495 | 9.25" x 10.5" |
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Includes Color: Based on Availability

NEW FORMAT

Includes a press release of up to 300 words and a photo on your business.

Includes special section being emailed to 50,000 targeted households.

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