

Reach health-conscious consumers through Healthy Living News.

Healthy Living News is a comprehensive news magazine focusing on improving the health of its readers in northwest Ohio and southeast Michigan. The publication's content is locally written and covers a broad spectrum of topics that today's health-conscious consumer is looking for.

Distribution: *Healthy Living News* is distributed the first week of every month in more than 1000 locations in northwest Ohio and southeast Michigan.

Locations include medical and dental offices, grocery stores, libraries, health clubs, hospitals, banks, and pharmacies. New distribution points are added regularly and mail subscriptions are available.

Advertising Policy: 30 days notice given on any rate revisions. All advertisements offered for publication in *Healthy Living News* are subject to acceptance by the publisher. Payment does

not guarantee publication. The advertiser and advertising agency agree to save harmless and indemnify *Healthy Living News* and all liability, loss, or expense arising from claims.

Production: Advertising layout services are available at a nominal fee. Halftones, reverses, scans, revisions, or other changes will be charged at *Healthy Living News*' cost.

Materials: Size ads to specs below. Halftones, 85-line screen. Digital submissions preferred. Formats: Press-optimized PDF with fonts embedded, EPS with outlined fonts, or a

collected QuartzXPress file. Fax proof for comparison. Please use only postscript fonts.

Ads may be emailed or submitted on CD. Call with any questions regarding formats. Production email address is hlnjs@bex.net

Basic Rates: As listed in box (below).

Color Rates: Color Separations at cost
Spot Color \$100 • Full Color \$250

Back Page	Inside Cover (front or back)
12x \$1419	12x \$1306
6x \$1497	6x \$1387
3x \$1585	3x \$1470

Advertising Rates for any budget

Full Page

10 1/4" wide
12 5/8" tall

Basic Rate

12x \$1199
6x \$1278
3x \$1355
1x \$1504

3/4 Page

10 1/4" wide
9 1/2" tall

Rate

12x \$ 927
6x \$ 970
3x \$1031
1 \$1213

Add 15% premium
for guaranteed
position.

Vertical 1/2 Page

5" wide
12 5/8" tall

1/2 Page

12x \$699
6x \$747
3x \$791
1x \$869

Horizontal 1/2 Page

10 1/4" wide
6 1/4" tall

1/4 Page

12x \$397
6x \$424
3x \$447
1x \$498

1/4 Page

5" wide
6 1/4" tall

1/8 Page

12x \$281
6x \$299
3x \$316
1x \$351

Vert. 1/8

2 3/8"
wide x
6 1/4"
tall

Horiz. 1/8

5" wide x 3" tall

Professional Services Business Card Directory

2 1/5 x 3 1/5 card
(scanned or set to fit)

12x \$80
6x \$85
3x \$90
1x \$95

Call or Fax Today to Reserve Space! Tel.: 419-841-8202 • Fax: 419-841-8175

Deadline for space reservation is the 15th of the preceding month. • Camera-ready artwork is due by the 20th of the preceding month.

Advertising Email Address: sfstennis76@bex.net

Editorial Email Address: editorhln@bex.net