

Stay up to date on the latest in health and wellness

Healthy You

Publishing: January 15, April 23, July 30, November 5

Deadline: December 15, March 28, June 30, October 10

Healthy You is a quarterly publication about the latest in health prevention and treatments for individuals and their families. Every 2023 edition will have a theme that includes a status of the issue specific to lowans, an ask the expert segment and wellness component. Topics will cover both seasonal issues and emerging health care concerns.

Distribution:

Full publication run in Sunday Gazette, Green Gazette and thegazette.com reaching over 178,000.

Advertising Benefits:

Healthy You Section Sponsorship, \$4,500 per issue:

- Strip ad on front page, Strip ad on back page, Three (3) quarter page ads that can be used as display or sponsored content. **Quarter pages can be used as one quarter and one half page if you choose instead.*

All sizes include full color and design.

- \$1,840 Full (9.875" x 19.8")
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- \$675 Quarter Select: Horiz. (9.8875" x 5") or Square (4.8875" x 9.8")
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[] \$175 - 25K impressions [] \$300 - 50K impressions

Health Directory:

While Healthy You connects our readers to the latest industry happenings, the health directory serves as the consistent go-to resource to find local professional and services to meet individual needs and interests.

Directory Listing includes: Name, Street Address, City, Phone, Website

\$200 (\$50 per publication)

Contact us today: Amy.McKelvy@thegazette.com | 319-398-8351

