

## AD RATES

Full page & Full editorial	\$ 3,250.00
1/2 page & 1/2 editorial	\$ 2,750.00
Full page	\$ 2,400.00
1/2 page	\$ 1,898.00
1/4 page	\$ 1,698.00
1/6 page	\$ 600.00
1/12 page	\$ 450.00
2x4 Micro	\$ 400.00
2x2 Micro	\$ 250.00

## PRIORITY POSITIONS

Center spread	\$ 5,000.00
Back cover	\$ 5,000.00
Inside front cover	\$ 2,750.00
Facing inside front cover	\$ 2,750.00
inside back cover	\$ 2,750.00
Facing inside back cover	\$ 2,750.00
Website banner - Call for pricing	

**\* Limited Availability**

## EDITORIAL

1. Submit in Microsoft Word or .TXT File
2. Articles must include a headline, by-line and paragraphs should be indented.
3. Do not submit text in ALL CAPS! Do not embed graphics in your editorial.
4. Full page 500 - 600 words.
5. Half page 300 - 400 words  
(Word count should be adjusted if photos are used.)

We encourage you to write about health promotion and disease prevention. We strive to provide articles that are relevant to maintaining optimal health and wellness. You can also include helpful and interesting bullet points, facts or health suggestions.

Please include, if possible 1-3 photos to go along with the article. We encourage you to use photos of local people and places. Photos should be 300 DPI, full color 4x6 or larger. It is helpful to include a description of the place, event or person in the photo.

## Advertisement

Accepted file formats: Press Quality PDF

Unaccepted file formats: Microsoft Word, Works, Excel, Publisher, FrontPage, JPEG, TIFF, GIF Please email or call if you need assistance building your ad. Advertiser is responsible for supplying press quality photos, illustrations, logos etc.

## AD SIZE INFORMATION

FULL PAGE AD	HALF PAGE AD	HALF PAGE AD	QUARTER PAGE AD
8.25" x 10.75"	Horizontal	Vertical	Rectangle*
Bleed area 8.75" x 11.25"	Half Page*	Half Page*	3.732" x 4.85"
Live area 7.75" x 10.25"	7.4" x 4.85"	3.732" x 9.925"	Vertical* 2.25" x 9.925"

**\* a non-printing 1/4" margin will be on all sides**

## CONTENT SUBMISSION

Email Submission

Email ads to: [healthyhorizons@cableone.net](mailto:healthyhorizons@cableone.net)  
and [mhelms@cableone.net](mailto:mhelms@cableone.net)

Submission by mail

If it is necessary to send information by mail, please send  
to: Healthy Horizons Magazine  
PO Box 81, Choccolocco, AL 36254

