

Space must be reserved prior to 5:00 PM on the dates listed.

Edition Month	Monthly Special Focus/ Editorial Calendar	Maryland Ed. <small>Prince George's County Anne Arundel County Howard County Charles/St. Mary's/Calvert Montgomery County</small>	Virginia Ed. <small>Arlington County Fairfax County Loudoun County Prince William County Alexandria</small>	Washington DC Edition
JANUARY	<ul style="list-style-type: none"> • Biographies - Meet Your Local Health Professionals 	December 14th	January 4th	January 4th
FEBRUARY	<ul style="list-style-type: none"> • Cardio Health, Diabetes, Stroke + Nutrition/Exercise • Mental Health 	January 18th	February 1st	February 1st
MARCH	<ul style="list-style-type: none"> • Complementary & Integrative Healthcare • Colon Cancer Awareness Month 	February 15th	March 1st	March 1st
APRIL	<ul style="list-style-type: none"> • Beauty, Skin Care & Gorgeous Smiles • Women's Health 	March 15th	March 29th	March 29th
MAY	<ul style="list-style-type: none"> • Vision and Eye Care • Senior Living 	April 12th	April 26th	April 26th
JUNE	<ul style="list-style-type: none"> • Pain Management & Rehabilitation • Health Technology 	May 10th	May 24th	May 24th
JULY	<ul style="list-style-type: none"> • Biographies - Meet Your Local Health Professionals 	June 14th	June 28th	June 28th
AUGUST	<ul style="list-style-type: none"> • Women's Healthcare • Women In Healthcare 	July 12th	July 26th	July 26th
SEPTEMBER	<ul style="list-style-type: none"> • Dental Health • Weight Control, Exercise & Nutrition 	August 9th	August 23rd	August 23rd
OCTOBER	<ul style="list-style-type: none"> • Cancer Awareness • Health Technology 	September 6th	September 20th	September 20th
NOVEMBER	<ul style="list-style-type: none"> • Beauty, Skin Care & Gorgeous Smiles • Women's Health 	October 4th	October 18th	October 18th
DECEMBER	<ul style="list-style-type: none"> • Healthy Holidays • New Year, New You! 	November 1st	November 15th	November 15th

*DEADLINES are subject to change for circumstances beyond control of the publisher.
JANUARY 2024 DEADLINES: 12/6 (Maryland) and 12/20 (DC & Virginia).

Our Mission is to *Make a Difference Empowering and Encouraging People To Live Healthier By Going To the Doctor*

An Exclusive Page is a full page dedicated to your information – your article wraps around your ad on a full page display.

A **Cover Feature** is a combination front cover photo and half page feature inside the magazine.

A **Biography** is a sixth page biography display, which includes your degrees, training, professional memberships, practice philosophy and personal interests with a front cover photo option.