

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

<b>Edition Month</b>	<b>Monthly Special Focus/ Editorial Calendar</b>	<b>Maryland Ed.</b> <i>Prince George's County Anne Arundel County Howard County Charles/St. Mary's/Calvert Montgomery County</i>	<b>Virginia Ed.</b> <i>Arlington County Fairfax County Loudoun County Prince William County Alexandria</i>	<b>Washington DC Edition</b>
JANUARY	<ul style="list-style-type: none"> <li>• <b>Biographies - Meet Your Local Health Professionals</b></li> </ul>	December 6th	December 20th	December 20th
FEBRUARY	<ul style="list-style-type: none"> <li>• <b>Cardio Health, Diabetes, Stroke + Nutrition/Exercise</b></li> <li>• <b>Mental Health</b></li> </ul>	January 10th	January 24th	January 24th
MARCH	<ul style="list-style-type: none"> <li>• <b>Complementary &amp; Integrative Healthcare</b></li> <li>• <b>Colon Cancer Awareness Month</b></li> </ul>	February 7th	February 21st	February 21st
APRIL	<ul style="list-style-type: none"> <li>• <b>Beauty, Skin Care &amp; Gorgeous Smiles</b></li> <li>• <b>Women's Health</b></li> </ul>	March 6th	March 20th	March 20th
MAY	<ul style="list-style-type: none"> <li>• <b>Vision and Eye Care</b></li> <li>• <b>Senior Living</b></li> </ul>	April 3rd	April 17th	April 17th
JUNE	<ul style="list-style-type: none"> <li>• <b>Pain Management &amp; Rehabilitation</b></li> <li>• <b>Health Technology</b></li> </ul>	May 1st	May 15th	May 15th
JULY	<ul style="list-style-type: none"> <li>• <b>Biographies - Meet Your Local Health Professionals</b></li> </ul>	June 5th	June 19th	June 19th
AUGUST	<ul style="list-style-type: none"> <li>• <b>Women's Healthcare</b></li> <li>• <b>Women In Healthcare</b></li> </ul>	July 10th	July 24th	July 24th
SEPTEMBER	<ul style="list-style-type: none"> <li>• <b>Dental Health</b></li> <li>• <b>Weight Control, Exercise &amp; Nutrition</b></li> </ul>	August 7th	August 21st	August 21st
OCTOBER	<ul style="list-style-type: none"> <li>• <b>Cancer Awareness</b></li> <li>• <b>Health Technology</b></li> </ul>	September 4th	September 18th	September 18th
NOVEMBER	<ul style="list-style-type: none"> <li>• <b>Beauty, Skin Care &amp; Gorgeous Smiles</b></li> <li>• <b>Women's Health</b></li> </ul>	October 2nd	October 16th	October 16th
DECEMBER	<ul style="list-style-type: none"> <li>• <b>Healthy Holidays</b></li> <li>• <b>New Year, New You!</b></li> </ul>	October 30th	November 13th	November 13th

\*DEADLINES are subject to change for circumstances beyond control of the publisher.

JANUARY 2025 DEADLINES: 12/4 (Maryland) and 12/18 (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.