

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 4th	December 18th	December 18th
FEBRUARY	<ul style="list-style-type: none"> • Cardio Health, Diabetes, Stroke + Nutrition/Exercise • Mental Health 	January 8th	January 22nd	January 22nd
MARCH	<ul style="list-style-type: none"> • Complementary & Integrative Healthcare • Colon Cancer Awareness Month 	February 5th	February 19th	February 19th
APRIL	<ul style="list-style-type: none"> • Beauty, Skin Care & Gorgeous Smiles • Women's Health 	March 5th	March 19th	March 19th
MAY	<ul style="list-style-type: none"> • Healthy Vision Month • Active Aging 	April 2nd	April 16th	April 16th
JUNE	<ul style="list-style-type: none"> • Pain Management & Rehabilitation • Health Technology 	April 30th	May 14th	May 14th
JULY	<ul style="list-style-type: none"> • Biographies - Meet Your Local Health Professionals 	June 4th	June 18th	June 18th
AUGUST	<ul style="list-style-type: none"> • Women's Healthcare • Women In Healthcare 	July 2th	July 16th	July 16th
SEPTEMBER	<ul style="list-style-type: none"> • Dental Health • Weight Control, Exercise & Nutrition 	July 30th	August 13th	August 13th
OCTOBER	<ul style="list-style-type: none"> • Cancer Awareness • Health Technology 	August 27th	September 10th	September 10th
NOVEMBER	<ul style="list-style-type: none"> • Beauty, Skin Care & Gorgeous Smiles • Women's Health 	September 24th	October 8th	October 8th
DECEMBER	<ul style="list-style-type: none"> • Healthy Holidays • New Year, New You! 	October 22nd	November 5th	November 5th

*DEADLINES are subject to change for circumstances beyond control of the publisher.
 JANUARY 2026 DEADLINES: 12/3 (Maryland) and 12/17 (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.