



## 2008 Special Focus Calendar

YourHEALTH Magazine produces and distributes health information people need. When a person has a health problem, and they read about it in YourHEALTH, it encourages them to see that doctor or other health professional who provided the information. In addition to the vast amount of information in each edition, we produce special sections to focus on particular health topics each month.

**SENIOR LIVING** – *(Advertising Section Each Month)* - Assisted Living, Retirement Planning, Retirement Communities and Finance.

**January** **HEALTHY NEW YEAR'S RESOLUTIONS** – Information to help people succeed at their goals: Weight Loss, Exercise, Quit Smoking and more.

**VISION and EYE CARE** – January is National Eye Care Month. New Technology, LASIK, Eye Glasses, Contacts, Other Vision Appliances, Surgery, Children, Adults and Seniors.

**February** **HEART DISEASE, STROKE and DIABETES** – Professionals to help you keep your Heart Healthy, Diet in check, Diabetes under control, Quit Smoking, and Sleep Sound.

**March** **COMPLEMENTARY & ALTERNATIVE HEALTHCARE** – Chiropractic, Hypnotherapy, Acupuncture, Massage, Nutritional Supplements.

**April** **WOMEN'S HEALTH & BEAUTY** – Breast Cancer Awareness, Fertility, Skin Care, Beauty, Weight Loss, Dermatology, Esthetics, Plastic and Cosmetic Surgery, and Eye Wear.

**May** **SENIOR HEALTH** – Hearing, Vision, Foot Care, Senior Living, Retirement Communities, Cosmetic Dentistry and Medicine, many topics and articles for the senior population to keep you healthy and active.

**June** **MEET YOUR LOCAL HEALTH PROFESSIONALS** – Biographical profiles highlight credentials, education, practice philosophy, and areas of interest.

**July** **DENTAL HEALTH** – Millions of people don't go to the dentist when they should, and they don't even know what is available. This edition will help get them moving!

**August** **PAIN MANAGEMENT & REHABILITATION** – Chronic pain is debilitating with significant consequences for the sufferer, their loved ones and their employers. Educating people about pain and where they can get help will make a difference.

**September** **WEIGHT CONTROL, EXERCISE & NUTRITION** – Gyms, nutrition and diet plans, weight loss, surgical alternatives, to help affect America's out-of-control weight problem.

**October** **CANCER AWARENESS** – Prevention, early detection and surviving cancer. Information for men and women, and their families, and professionals who can provide help.

**November** **BEAUTY, SKIN CARE & GORGEOUS SMILES** – Dermatology, Aesthetics, Plastic and Cosmetic Surgery, Cosmetic Dentistry, Eye Wear, and more!

**December** **MEET YOUR LOCAL HEALTH PROFESSIONALS** – Biographical profiles highlight credentials, education, practice philosophy, and areas of interest.