



2010 DEADLINE SCHEDULE

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

JANUARY 10* Eye Care *plus* New Years Resolutions

Prince George's	12/2	Arlington-Fairfax
Anne Arundel	12/9	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	12/16	Alexandria-Springfield
Montgomery	12/30	Prince William

JULY 10* Pain Management and Rehabilitation

Prince George's	6/9	Arlington-Fairfax
Anne Arundel	6/16	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	6/23	Alexandria-Springfield
Montgomery	6/30	Prince William

FEBRUARY 10* Heart, Stroke and Diabetes

Prince George's	1/6	Arlington-Fairfax
Anne Arundel	1/13	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	1/20	Alexandria-Springfield
Montgomery	1/27	Prince William

AUGUST 10* Women's HealthCare & Women In HealthCare

Prince George's	7/7	Arlington-Fairfax
Anne Arundel	7/14	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	7/21	Alexandria-Springfield
Montgomery	7/28	Prince William

MARCH 10* Complementary and Alternative Health

Prince George's	2/3	Arlington-Fairfax
Anne Arundel	2/10	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	2/17	Alexandria-Springfield
Montgomery	2/24	Prince William

SEPTEMBER 10* Dental Health *plus* Weight Control

Prince George's	8/4	Arlington-Fairfax
Anne Arundel	8/11	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	8/18	Alexandria-Springfield
Montgomery	8/25	Prince William

APRIL 10* Beauty, Skin Care and Gorgeous Smiles

Prince George's	3/3	Arlington-Fairfax
Anne Arundel	3/10	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	3/17	Alexandria-Springfield
Montgomery	3/24	Prince William

OCTOBER 10* Cancer Awareness *plus* Health Technology

Prince George's	9/1	Arlington-Fairfax
Anne Arundel	9/8	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	9/15	Alexandria-Springfield
Montgomery	9/22	Prince William

MAY 10* New Health Technology and New Doctors

Prince George's	3/31	Arlington-Fairfax
Anne Arundel	4/7	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	4/14	Alexandria-Springfield
Montgomery	4/21	Prince William

NOVEMBER 10* Beauty, Skin Care and Gorgeous Smiles

Prince George's	9/29	Arlington-Fairfax
Anne Arundel	10/6	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	10/13	Alexandria-Springfield
Montgomery	10/20	Prince William

JUNE 10* Local Professional Biographies

Prince George's	5/5	Arlington-Fairfax
Anne Arundel	5/12	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	5/19	Alexandria-Springfield
Montgomery	5/26	Prince William

DECEMBER 10* Local Professional Biographies

Prince George's	11/3	Arlington-Fairfax
Anne Arundel	11/10	Loudoun/W. Fairfax
Charles/St. Mary's/Calvert	11/17	Alexandria-Springfield
Montgomery	11/23	Prince William

* DEADLINES are subject to change for circumstances beyond control of the publisher. Your HEALTH is a monthly publication with distribution to approximately 8,000 sites each month. JANUARY 2011 DEADLINES: 12/1, 12/8, 12/15, 12/29.

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