

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

Monthly Special Focus	Prince George's County Arlington/Fairfax	Anne Arundel County Loudoun/West Fairfax	Southern Maryland Alexandria/Springfield	Montgomery County Prince William County
• Vision and Eye Care • Healthy New Year's Resolutions	December 7th (for January Edition)	December 14th (for January Edition)	December 21st (for January Edition)	January 4th (for January Edition)
• Heart Disease, Stroke and Diabetes	January 11th (for February Edition)	January 18th (for February Edition)	January 25th (for February Edition)	February 1st (for February Edition)
• Complementary & Alternative Healthcare	February 8th (for March Edition)	February 15th (for March Edition)	February 22nd (for March Edition)	March 1st (for March Edition)
• Beauty, Skin Care & Gorgeous Smiles	March 8th (for April Edition)	March 15th (for April Edition)	March 22nd (for April Edition)	March 29th (for April Edition)
• New Doctors • New Health Technology	April 5th (for May Edition)	April 12th (for May Edition)	April 19th (for May Edition)	April 26th (for May Edition)
• Biographies - Meet Your Local Health Professionals	May 10th (for June Edition)	May 17th (for June Edition)	May 24th (for June Edition)	May 31st (for June Edition)
• Pain Management & Rehabilitation	June 7th (for July Edition)	June 14th (for July Edition)	June 21st (for July Edition)	June 28th (for July Edition)
• Women's Healthcare • Women In Healthcare	July 5th (for August Edition)	July 12th (for August Edition)	July 19th (for August Edition)	July 26th (for August Edition)
• Dental Health • Weight Control, Exercise & Nutrition	August 2nd (for September Edition)	August 9th (for September Edition)	August 16th (for September Edition)	August 23rd (for September Edition)
• Cancer Awareness • Health Technology	August 30th (for October Edition)	September 6th (for October Edition)	September 13th (for October Edition)	September 20th (for October Edition)
• Beauty, Skin Care & Gorgeous Smiles	September 27th (for November Edition)	October 4th (for November Edition)	October 11th (for November Edition)	October 18th (for November Edition)
• Biographies - Meet Your Local Health Professionals	November 1st (for December Edition)	November 8th (for December Edition)	November 15th (for December Edition)	November 29th (for December Edition)

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

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