

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

Edition Month	Monthly Special Focus/ Editorial Calendar	Maryland Edition <i>Prince George's County Anne Arundel County Howard County Charles/St. Mary's/Calvert Montgomery County</i>	Virginia Edition <i>Arlington-Fairfax Loudoun-West Fairfax Alexandria-Springfield Prince William County</i>
JANUARY	• Biographies - Meet Your Local Health Professionals	December 2nd	December 16th
FEBRUARY	• Cardio Health and Diabetes • Mental Health	January 13th	January 27th
MARCH	• Complementary & Integrative Healthcare	February 10th	February 24th
APRIL	• Beauty, Skin Care & Gorgeous Smiles	March 10th	March 24th
MAY	• Vision and Eye Care • Senior Living	April 7th	April 21st
JUNE	• Pain Management & Rehabilitation • Health Technology	May 5th	May 19th
JULY	• Biographies - Meet Your Local Health Professionals	June 2nd	June 16th
AUGUST	• Women's Healthcare • Women In Healthcare	July 14th	July 28th
SEPTEMBER	• Dental Health • Weight Control, Exercise & Nutrition	August 11th	August 25th
OCTOBER	• Cancer Awareness • Health Technology	September 8th	September 22nd
NOVEMBER	• Beauty, Skin Care & Gorgeous Smiles	October 13th	October 27th
DECEMBER	• Healthy Holidays • New Year, New You!	November 10th	November 17th

*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 2022 DEADLINES: 12/8 (Maryland) and 12/22 (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.

Virginia Office • (703) 288-3130 — Maryland Suburban Office • (301) 805-6805