

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

| Edition Month | Monthly Special Focus/<br>Editorial Calendar  | Maryland Edition<br><i>Prince George's County<br/>Anne Arundel County<br/>Howard County<br/>Charles/St. Mary's/Calvert<br/>Montgomery County</i> | Virginia Edition<br><i>Arlington County<br/>Fairfax County<br/>Loudoun County<br/>Prince William County<br/>Alexandria</i> |
|---------------|---|--|--|
| JANUARY       | <ul style="list-style-type: none"> <li>• <b>Biographies - Meet Your Local Health Professionals</b></li> </ul>                       | December 8th   | December 22nd  |
| FEBRUARY      | <ul style="list-style-type: none"> <li>• <b>Cardio Health and Diabetes</b></li> <li>• <b>Mental Health</b></li> </ul>               | January 12th   | January 26th   |
| MARCH         | <ul style="list-style-type: none"> <li>• <b>Complementary &amp; Integrative Healthcare</b></li> </ul>                               | February 9th   | February 23rd  |
| APRIL         | <ul style="list-style-type: none"> <li>• <b>Beauty, Skin Care &amp; Gorgeous Smiles</b></li> <li>• <b>Women's Health</b></li> </ul> | March 16th   | March 30th   |
| MAY           | <ul style="list-style-type: none"> <li>• <b>Vision and Eye Care</b></li> <li>• <b>Senior Living</b></li> </ul>                      | April 13th   | April 27st   |
| JUNE          | <ul style="list-style-type: none"> <li>• <b>Pain Management &amp; Rehabilitation</b></li> <li>• <b>Health Technology</b></li> </ul> | May 11th   | May 25th   |
| JULY          | <ul style="list-style-type: none"> <li>• <b>Biographies - Meet Your Local Health Professionals</b></li> </ul>                       | June 15th  | June 29th  |
| AUGUST        | <ul style="list-style-type: none"> <li>• <b>Women's Healthcare</b></li> <li>• <b>Women In Healthcare</b></li> </ul>                 | July 13th  | July 27th  |
| SEPTEMBER     | <ul style="list-style-type: none"> <li>• <b>Dental Health</b></li> <li>• <b>Weight Control, Exercise &amp; Nutrition</b></li> </ul> | August 17th  | August 31st  |
| OCTOBER       | <ul style="list-style-type: none"> <li>• <b>Cancer Awareness</b></li> <li>• <b>Health Technology</b></li> </ul>                     | September 14th   | September 28th   |
| NOVEMBER      | <ul style="list-style-type: none"> <li>• <b>Beauty, Skin Care &amp; Gorgeous Smiles</b></li> <li>• <b>Women's Health</b></li> </ul> | October 12th   | October 26th   |
| DECEMBER      | <ul style="list-style-type: none"> <li>• <b>Healthy Holidays</b></li> <li>• <b>New Year, New You!</b></li> </ul>                    | November 9th   | November 30th  |

\*DEADLINES are subject to change for circumstances beyond control of the publisher.  
JANUARY 2023 DEADLINES: 12/14 (Maryland) and 1/4 (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.

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