

Total Health

OBSERVER PUBLISHING COMPANY'S MONTHLY HEALTH PUBLICATION

Total Health focuses on promoting healthy lifestyles. Each edition contains information on such health-related topics as dieting, nutrition, exercise, disease and other related content. Total Health is distributed to 34,000 households throughout Washington and Greene Counties.

Ad size and rates

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\$799	\$449	\$319	\$239

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Frequency discount

Commit to 6 publications get **10% OFF.**
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2011 publication dates

Publishes	Reservation	Deadline	Approval	Deadline
January 20	January 7	January 12		
February 10	January 28	February 2		
March 10	February 25	March 2		
April 14	March 30	April 6		
May 12	April 29	May 4		
June 9	May 27	June 1		
July 14	June 29	July 6		
August 11	July 29	August 3		
September 8	August 26	August 31		
October 13	September 30	October 5		
November 10	October 28	November 2		
December 8	November 24	November 30		



Ad dimensions

Size	Dimensions
Full Page	9.5" w x 11.3" d
1/2 Page Horizontal	9.5" w x 5.5" d
1/2 Page Vertical	4.625" w x 11.3" d
1/4 Page	4.625" w x 5.5" d
1/8 Page	4.625" w x 2.75" d

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