

Your 2012 guide to...

Healthy Lifestyles

Supplements of the

Southern Dutchess News Northern Dutchess News and Beacon Free Press

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Attention Health & Wellness Professionals

Our **Healthy Lifestyles** supplement gives you the opportunity to articulate your message to your audience as part of a helpful and informative publication. Each month, **Healthy Lifestyles** will focus attention on an important **local** health issue with several stories, photos and columns by **local** professionals. This is where you want to be seen. We are creative and “out-of-the-box” thinking professionals. We want to learn about you and your business and help you to be successful. Publishing on the last Wednesday of each month allows you to highlight next month’s specials/events.

Healthy Lifestyles is inserted into the Northern Dutchess News, Southern Dutchess News and Beacon Free Press - helping to reach thousands of readers all over Dutchess County. The publication is also distributed to hundreds of medical and dental offices in the county.

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