

# Healthy Lifestyles Supplement

Southern Dutchess News  
Northern Dutchess News  
Beacon Free Press

84 East Main Street  
Wappingers Falls, NY 12590  
845-297-3723

# Healthy Lifestyles 2022

## Focus:

Let us help you reach the people in your own "backyard" and help connect you with neighbors all over Dutchess County...



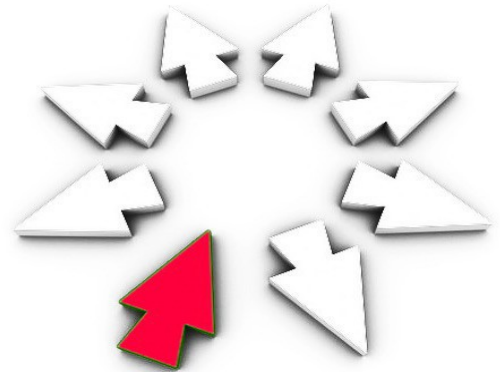
## Target the Important Topics:

Healthy Lifestyles will focus attention on an important local health issue with several stories, photos and columns by local professionals.



## Large Distribution:

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



### **Advertising Rates (Free Story and Photo with ads 1/4 page or larger)**

	(1x rate)	(3x rate)	(6x rate)
1/8 page (4 7/8" x 4")	\$130	\$117	\$104
1/4 page (4 7/8" x 8")	\$210	\$189	\$168
1/2 page (4 7/8" x 16" Vertical)	\$370	\$333	\$296
1/2 page (9 7/8" x 8" Horizontal)	\$370	\$333	\$296
Full page (9 7/8" x 16")	\$650	\$585	\$520

Spot Color \$50.00, Full Color \$100.00

Prints Last Wednesday of Each Month/Deadline Thursday Before Last Wednesday