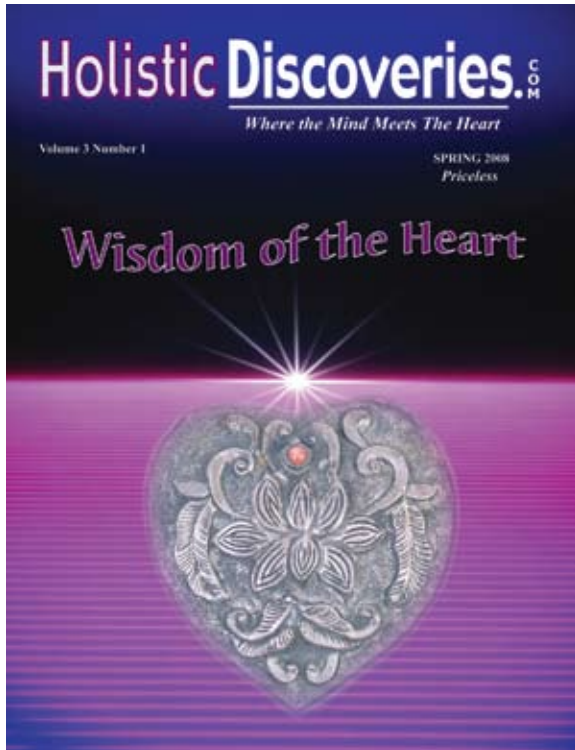


Holistic Discoveries .COM

Where the Mind Meets the Heart



Holistic Discoveries Magazine is a Free quarterly publication distributed throughout the Columbus Metropolitan Area in February, May, August, and November.

Points of distribution include: health care organizations, practitioners' offices, libraries, coffee shops, restaurants, bookstores, fitness centers and other venues where free publications are found.

Distributions Areas Within Columbus include: Beechwold, Campus, Clintonville, German Village, Northland and Short North.

Distribution in Columbus Suburbs include: Bexley, Dublin, Gahanna, Grandview Heights, Hilliard, New Albany, Powell, Reynoldsburg, Upper Arlington, Westerville, Whitehall, and Worthington.

Other Distribution Areas include: Bellefontaine, Delaware, Lancaster, Marysville, Newark, Urbana and West Liberty.

Holistic Discoveries Magazine serves as a vehicle to expand the awareness of community health and wellness resources.

Holistic Discoveries explores ways to integrate holistic wellness principles both at home and in the workplace. Each issue offers guides to mental, emotional, physical, spiritual and intuitive development.

Holistic Discoveries

6161 Busch Boulevard, Suite 100
Columbus, Ohio 43229
614-670-2700

Web site: Holisticdiscoveries.com
E-mail: lam@holisticdiscoveries.com

Advertising Information on Other Side

Holistic Discoveries Advertising Information

Holistic Discoveries Quarterly Magazine

Our mission is to provide diverse opportunities to businesses, organizations, and individuals for continuing growth and development.

Holistic Discoveries connects its readers to traditional and complementary health resources, products, and services. Designed to enhance well-being, it highlights resources for personal and professional growth.

We believe facilitating holistic connections for individuals and businesses enhances positive change within our communities.

ADVERTISING OPTIONS

Display Ads: black and white or color, full page to 1/8th page ads, distributed randomly throughout the editorial areas of the magazine.

Resources For Living Well

Directory: black and white descriptive ads placed in the Directory section of the magazine. Include a logo or picture.

Discount Coupons: Includes business name, contact information & discount on services or products. Text only.

All Ads are Published on HolisticDiscoveries.com.

With the purchase of a 1/6 page ad (or larger) in each issue, advertisers receive a **Free Resource Directory Listing** (up to 125 words) in the Resources for Living Well section.

Production Specifications

Artwork: Please submit in JPG, TIFF or PDF format via e-mail or on CD. Press requirements: minimum 300 dpi, cmyk. Please keep type at least 1/8" away from borders, 1/4" is better.

Ad Copy: Please submit in a word processing format via e-mail or on CD.

Per Issue Advertising Rates

Display Ads

Ad Size	Rate 1x	Rate 2x	Rate 4x	Color per Issue
back cover	\$1,347	\$1,109	\$943	Included
inside cover	\$1,012	\$834	\$709	Included
full page	\$800	\$659	\$560	\$100
1/2 page	\$498	\$410	\$349	\$75
1/4 page	\$298	\$245	\$209	\$50
1/6 page	\$220	\$182	\$154	\$40
1/8 page	\$184	\$151	\$129	\$25

AD DESIGN

We can design your Display ad for a one-time setup fee.

Resource Directory Ads

Word Count Up to

125	\$135	\$115	\$108
150	\$185	\$157	\$148
175	\$235	\$200	\$188
200	\$285	\$242	\$228
250	\$335	\$285	\$268
290	\$385	\$327	\$308

Note: When placing Directory Ad for the first time a one-time \$30.00 setup fee is also charged.

Discount Coupons: \$100

An additional 10% discount applies to Multiple Issues Orders of Display and/or Directory accounts PAID In Full at the time of order placement. Example : 125 word Directory Ad placed 4 times: \$108 x 4 = \$648 -10% = \$583.

Please see contact information on other side.

Artwork & Copy Deadlines

Issue	Deadline
Spring	January 1
Summer	April 1
Fall	July 1
Winter	October 1

Ad Dimensions In Inches

Full Page	7 1/8 x 9 1/4
Half Page	7 1/8 x 4 1/2
Quarter Page	3 3/8 x 4 1/2
Sixth Page	3 3/8 x 2 7/8
Eighth Page	3 3/8 x 2 1/8