

# COASTAL HEALTH & WELLNESS MAGAZINE

**DEADLINE:**  
JANUARY 20

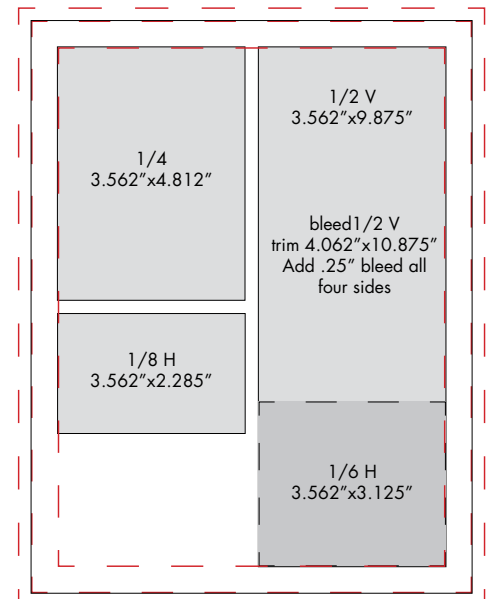
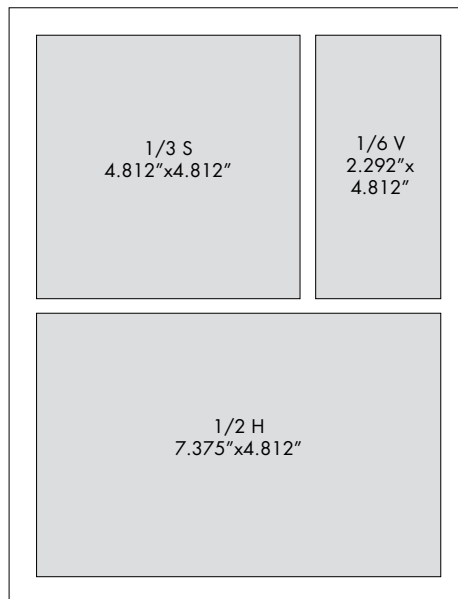
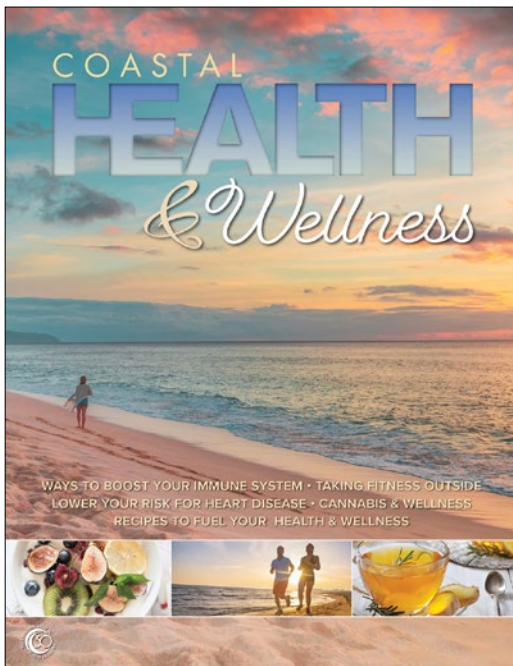
DISTRIBUTED THROUGHOUT THE YEAR

AT HIGH TRAFFIC LOCATIONS THROUGHOUT SANTA CRUZ and MONTEREY COUNTIES

*Ask your sales representative for details.*

## 2022 DISPLAY AD RATES

**Coastal Health & Wellness Magazine** an annual publication, is the Central Coast's premier resource guide that includes information that local residents can use for their health and wellness. This full color magazine contains insightful articles, helpful hints and tips, and a Health & Wellness Directory of local providers. Its local focus and informational content that will be read, saved and referred to many times over.



### In This Issue

- Trails for your wellness
- Smoothies are here to stay
- 5 ways to improve your heart health
- Health tips from local professionals
- Cannabis health

#### Advertising Rates **1 Year 1 Issue**

Full .....	1,550
Half .....	1,025
Third .....	900
Quarter .....	650
Sixth .....	550
Eighth .....	450

#### Premium Positions

Outside Back Cover . . .	2,200
Inside Front Cover . . . . .	1,800
Inside Back Cover . . . . .	1,700

**AD SIZES**

- FULL** = 7.375" x 9.875"
- FULL BLEED** = 8.375" x 10.875" + .25" to all FOUR SIDES
- HALF H** = 7.375" x 4.812"
- HALF V** = 3.562" x 9.875"
- HALF V BLEED** = 4.062" x 10.875" + .25" to all FOUR SIDES
- THIRD S** = 4.812" x 4.812"
- QUARTER** = 3.562" x 4.812"
- SIXTH V** = 2.292" x 4.812"
- SIXTH H** = 3.562" x 3.125"
- EIGHTH** = 3.562" x 2.285"

Payment required prior to ad print. VISA, M/C, Amex, Discover or check are accepted. Get online billing and statements by signing up online at [tpgonlinedaily.com](http://tpgonlinedaily.com).

**Times Publishing Group, Inc.**

9601 Soquel Dr. • Aptos, CA 95003 • **ph:** 831-688-7549 **fax:** 831-688-7551  
**email:** [sales@cyber-times.com](mailto:sales@cyber-times.com)

