

COASTAL HEALTH & WELLNESS MAGAZINE

DEADLINE:
JANUARY 20

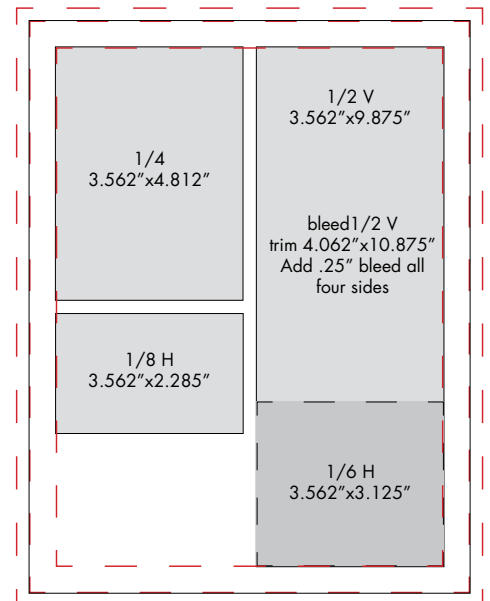
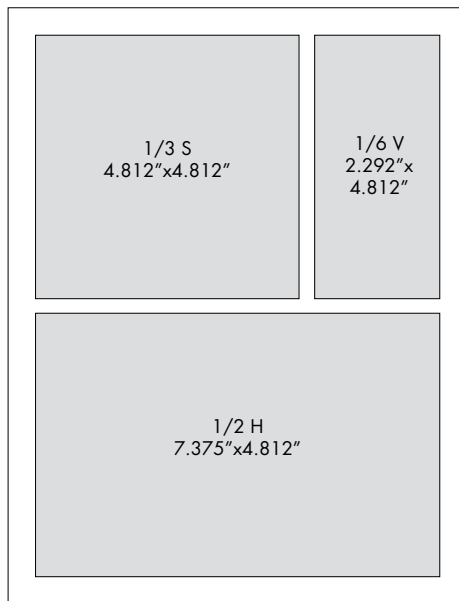
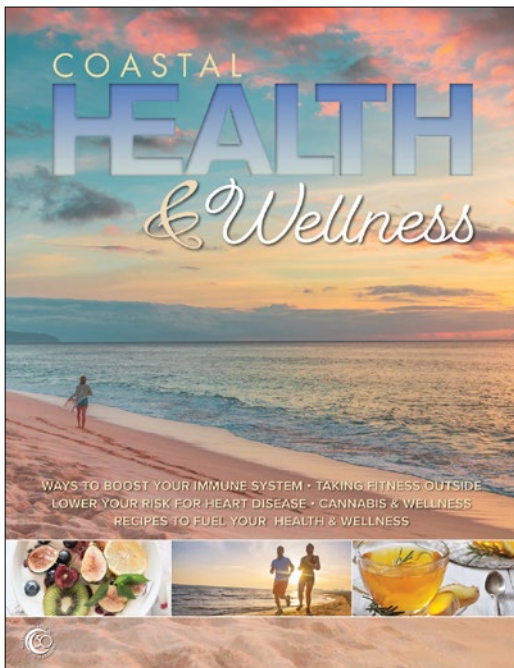
DISTRIBUTED THROUGHOUT THE YEAR

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**

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Quarter	700
Sixth	550
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