

# COASTAL HEALTH, FITNESS & WELLNESS MAGAZINE

**DEADLINE:**  
JANUARY 20

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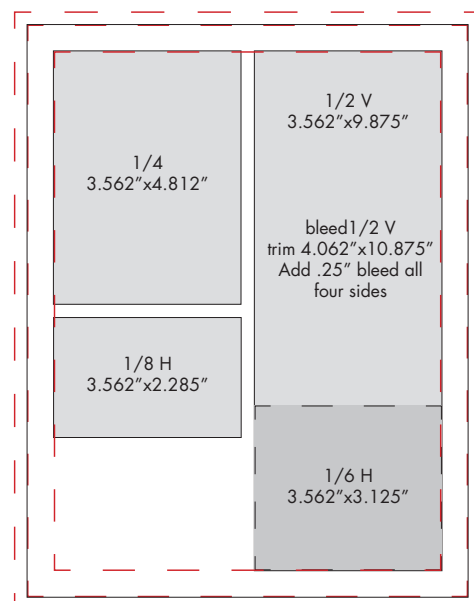
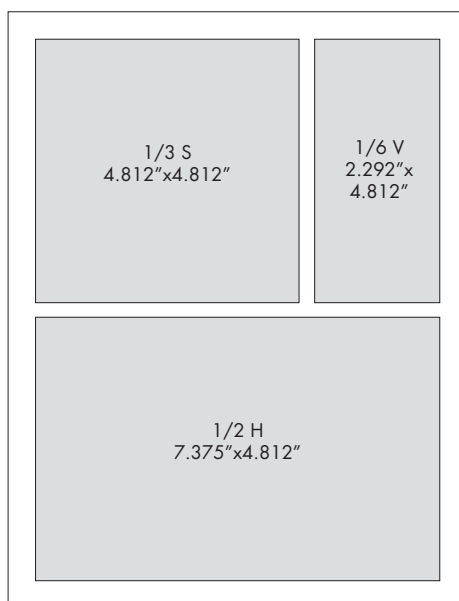
## 2023 DISPLAY AD RATES



### 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

**Coastal Health, Fitness & 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.



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