

Your 2009 guide to...

Healthy Lifestyles

Supplements of the

Southern Dutchess News

and

Beacon Free Press

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Attention Health & Wellness Professionals

Target the most affluent audience

It's no secret that the largest and most affluent audience in the Hudson Valley is right here in Southern Dutchess County. That's why so many medical facilities, restaurants, banks, supermarkets, educational institutions and other businesses have relocated or placed branch offices here. They want to connect with this valuable market. The Southern Dutchess News/Beacon Free Press is right in the middle of this audience and serves residents with weekly **local** news and features.

Monthly Health Focus

Our new **Healthy Lifestyles** supplement is "all local" and gives you the opportunity to articulate your message to this audience as part of a helpful and informative publication. Each month, **Healthy Lifestyles** will focus attention on an important **local** health issue with several stories, photos and columns by **local** professionals. This is where you want to be seen. We are creative and "out-of-the-box" thinking professionals. We want to learn about you and your business and help you to be successful. Publishing on the last Wednesday of each month allows you to high light next month's specials/events. Call today to make an appointment with one of our advertising professionals.



Advertise in every issue and receive a 20% discount

Back Cover	9 7/8" x 12 1/2"	\$700
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1/4 Page (Vertical)	4 7/8" x 6 1/8"	\$210
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