

# HealthyLiving

*THE WELLNESS GUIDE FOR ALL AGES*

## 2015 ADVERTISING RATE INFORMATION

A PUBLICATION OF

**HMG**  
HEWS MEDIA GROUP

*2012 PULITZER PRIZE NOMINEE*

*WINNER OF FOUR LA PRESS CLUB AWARDS*



## Mind and Body

Healthy Living, a publication of Hews Media Group (HMG), is the only area bi-lingual (English/Spanish) newspaper dedicated to the healthy interests and lifestyles of residents, from infants to older adults, spotlighting local communities within the Los Angeles and Orange County areas.

### Collaborating with Health Agencies

Healthy Living is collaborating with many county health agencies. One of our most exciting collaborations is with the Human Services Association in Los Angeles. They will distribute Healthy Living at every one of their Los Angeles events.

### Working with Hospitals

Healthy Living is working with many local area hospitals including Presbyterian Intercommunity in Whittier, La Palma Intercommunity, and Lakewood Regional Medical Center.

### Partnering with cities

Healthy Living is partnering with many southeast Los Angeles cities to promote a healthy lifestyle including Artesia, Bell, Bellflower, Bell Gardens, Cerritos, Commerce, Cudahy, Compton, Downey, Hawaiian Gardens, Huntington Park, Lakewood, La Mirada, La Palma, Lynwood, Maywood, Montebello, Norwalk, Paramount, Pico Rivera, Santa Fe Springs, Southgate, the unincorporated areas of East Los Angeles, and Whittier.



**Healthy Living**  
The Wellness Guide for All Ages  
FEBRUARY 2015  
MIND & BODY • FOOD & RECIPES • HEALTHCARE • FITNESS • DOCTORS' ADVICE • GARDEN/HOME • TRAVEL • COMMUNITY

## Eat what's best for you

**Good stuff to eat**

**FOOD:** The Heart of Communion (HCC) held its annual Christmas event this week Saturday at Montebello giving away toys, clothing, food and a grocery basket full of holiday necessities to thousands of people. This year's event was a success.

**HERBES:** The HCC has been serving those in need for more than 15 years. This Christmas, the organization distributed food to over 10,000 people. The HCC has also been serving those in need for more than 15 years. This Christmas, the organization distributed food to over 10,000 people. The HCC has also been serving those in need for more than 15 years. This Christmas, the organization distributed food to over 10,000 people.

**VEGETABLES:** The HCC has been serving those in need for more than 15 years. This Christmas, the organization distributed food to over 10,000 people. The HCC has also been serving those in need for more than 15 years. This Christmas, the organization distributed food to over 10,000 people.

**La Palma Intercommunity Hospital**

We are a full service, general acute care hospital and have been a part of the community since 1971.

- 24 Hour Emergency Services
- Behavioral Medicine
- Laboratory Services
- Comprehensive Wound Care
- Cardiac Catheterization Laboratory

7000 Foothill BLVD | La Palma, CA 91754  
714.835.5100



# HealthyLiving

40,000 CIRCULATION, OVER 80,000 READERS

## DISTRIBUTION CITIES



*Healthy Living is partnering with many southeast Los Angeles cities to promote a healthy lifestyle. We deliver Healthy Living to all the following cities, city halls, community centers, senior centers and hundreds of high traffic business organizations. These include Artesia, Bell, Bellflower, Bell Gardens, Cerritos, Commerce, Cudahy, Compton, Downey, Hawaiian Gardens, Huntington Park, Lakewood, La Mirada, La Palma, Lynwood, Maywood, Montebello, Norwalk, Paramount, Pico Rivera, Santa Fe Springs, Southgate, the unincorporated areas of East Los Angeles, and Whittier.*



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## ADVERTISING RATES

Prices are on a per issue basis and include full color:

	Open	2x	4x	6x
Full	\$950	\$900	\$875	\$850
Full-Inside Front	\$1,150	\$1,125	\$1,100	\$1,050
Full-Back Cover	\$1,250	\$1,225	\$1,200	\$1,175
Half	\$575	\$550	\$525	\$500
Half-Inside Front	\$700	\$675	\$650	\$625
Half-Back Cover	\$750	\$725	\$700	\$675
Quarter	\$450	\$425	\$400	\$375
Eighth	\$350	\$325	\$300	\$275

**FREE STANDING INSERTS** \$35 per thousand, printed by customer

**ADVERTISING DEADLINES:** Published first Tuesday, space reservation 11 days prior, artwork due 7 days prior.



**562-407-3873**  
**13079 E. Artesia Blvd B-108**  
**Cerritos, CA., 90703**  
**[healthylivinghm.com](http://healthylivinghm.com) • [loscerritosnews.net](http://loscerritosnews.net)**

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## 2015 PUBLISHING AND EDITORIAL CALENDARS

<u>Issue</u>	<u>Publishing</u>	<u>Deadline</u>	<u>Editorial</u>
Mar./Apr.	Mar. 3	Feb. 20	<i>Colorectal Cancer Nutrition Month</i>
May/Jun.	May 5	Apr. 24	<i>Stroke Awareness Arthritis Awareness</i>
Jul./Aug.	Jul. 7	Jun. 26	<i>Men's Health Get Ready for Summer</i>
Sep./Oct.	Sep. 1	Aug. 21	<i>Prostate Cancer Awareness Breast Cancer Awareness Childhood Obesity Awareness</i>
Nov./Dec.	Nov. 3	Oct. 23	<i>Lung Cancer Awareness Diabetes Awareness</i>





## AD SIZES

### THREE QUARTER PAGE THREE COLUMN AD

Vertical AD  
Width: 7.4583 in  
Height: 14.75 in

Two diagrams illustrating ad sizes. The top diagram is a large blue rectangle representing a full page ad. The bottom diagram is a smaller light blue rectangle representing a quarter page two column ad, positioned in the bottom-left corner of the full page area.

**FULL PAGE AD**  
WIDTH: 10 IN  
HEIGHT: 14.75 IN

### QUARTER PAGE TWO COLUMN AD

Vertical AD  
WIDTH: 4.9167 IN  
HEIGHT: 7.2917 IN

A vertical light blue rectangle representing a half page two column ad.

### HALF PAGE TWO COLUMN AD

Vertical AD  
WIDTH: 4.9167 IN  
HEIGHT: 14.75 IN

A small light orange rectangle representing an eighth page two column ad.

### EIGHTH PAGE TWO COLUMN AD

Horizontal AD  
WIDTH: 4.9167 IN  
HEIGHT: 3.5625 IN

A horizontal light orange rectangle representing a half page four column ad.

### HALF PAGE FOUR COLUMN AD

Horizontal Ad  
Width: 10.375 in  
Height: 7.2917 in