

Greater Red River Valley

# Health & Living Magazine

## Your Guide to

- Addiction Counseling
- Allergies and Asthma
- Audio Health
- Chemical Dependency
- Diet & Wellness
- End of Life Care
- Eye Care
- Family Medicine
- Home Health Care
- Mental Health Services
- Natural Health
- Occupational Therapy
- Outpatient Programs
- Physical Challenges
- Psychiatric Care
- Pharmaceutical Needs
- Senior Health Care
- Speciality Care
- Transportation Solutions
- Women's Health
- Plus More...

Printing Requirements & Deadline: A 5 1/2" x 8 1/2" full color magazine printed on 70# enamel gloss. Conventional offset printing materials are preferred. 85 line screen. Email to extramediasales@aol.com or disk provided. PDF files required for camera ready ads.



**Deadline: Spring Issue - March 12th**

To reserve your space please call today!

*A Free Quarterly Publication Dedicated to Empowering People With Knowledge That Can Improve Their Lives!*

### Display Ad Rates Per Issue

SAU Rates effective January 1, 2009 • Rates Include Full Color • All Glossy

	<b>1X</b>	<b>2X</b>	<b>4X</b>	<b>Size</b>	<i>Bleeds available for full page ads. Ask your sales rep.</i>
<b>Full page</b>	\$725	\$650	\$575	5" w x 8" d	
<b>Half page</b>	\$400	\$350	\$325	5" w x 4" d	
<b>Quarter page</b>	\$250	\$200	\$175	2.4" w x 4" d	
<b>Business Card</b>	\$125	\$110	\$90	2.4" w x 1.25" d	

*Contact*

**Tammy Finney**  
Account Representative

**218-790-6056**

extramediasales@aol.com

