



# Heartland Healing



**BODY • MIND • SPIRIT**

Magazine

Connecting our community with information and resources for natural health, holistic awareness and spiritual awakening.

September/October 2008

**Heartland Healing Magazine** is the only magazine of its type in the Omaha Metropolitan area, appealing to and featuring the growing awareness of natural, healthful living and elevated consciousness. Research has shown that this is the fastest growing segment of today's economy. Part of our goal is to provide effective, low-cost advertising to give the Omaha community access to the information it needs about healthful and progressive living.

**Special: Six-issue advertisers get listed on HeartlandHealing.com Online Practitioner Directory FREE for ONE YEAR.\***

**Publication:** Bi-monthly  
**Distribution:** First of each month, 250+ locations, including Omaha, Council Bluffs, Lincoln  
**Major Outlets:** Whole Foods, UNMC (4 locations) Barnes & Noble, Borders, McFosters Public Libraries, OM Center New Realities, Old Market, Quik Shops (see website for complete list)  
**Ad Deadline:** 3 weeks before distribution date  
**Format:** 8 by 10, full color

**\*HeartlandHealing.com is the premier website for information about holistic and alternative therapies with nearly 200,000 hits/month.**

## TWO COMPLETE MONTHS OF ADVERTISING FOR THESE LOW RATES

SIZE	SINGLE INSERTION	6 ISSUE AGREEMENT
Full Page*	\$550	\$475 each insertion
Half Page	\$330	\$275 "
1/4 Page	\$200	\$175 "

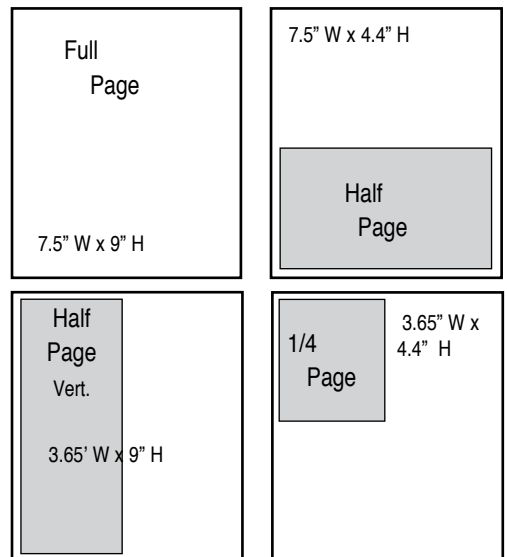
Premium Locations: Back Cover \$675  
 Inside Front, Page Three, Inside Back: \$575

**\* ALL ads are color position included.**  
 Call: Michael @ 402-639-2760

## STANDARD DIMENSIONS

All rates are for "Camera Ready" ads. New ads may incur a one time design / layout fee.

PDF, TIFF, JPG accepted.  
 See website or ask your ad rep about other supported formats.



Allow .5 in. on all sides for full bleed