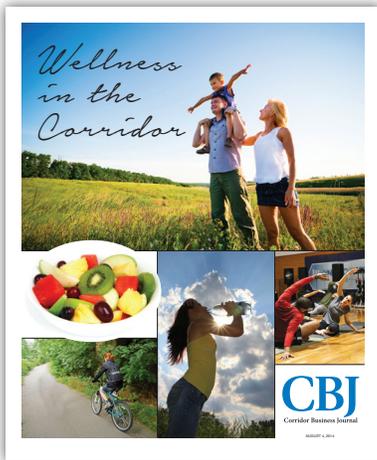


# Making a commitment to wellness and well-being

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## WELLNESS PACKAGE:

One (1) guest column published in the CBJ  
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\$800/each  
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### Expert Column Dates/Deadlines

| PUB. DATE | DEADLINE |
|-----------|----------|-----------|----------|-----------|----------|-----------|----------|
| Sept. 8   | Aug. 25  | Sept. 15  | Sept. 1  | Sept. 22  | Sept. 8  | Sept. 29  | Sept. 15 |
| Oct. 6    | Sept. 22 | Oct. 13   | Sept. 29 | Oct. 20   | Oct. 6   | Oct. 27   | Oct. 13  |
| Nov. 3    | Oct. 20  | Nov. 10   | Oct. 27  | Nov. 17   | Nov. 3   | Nov. 24   | Nov. 10  |
| Dec. 1    | Nov. 17  | Dec. 8    | Nov. 24  | Dec. 15   | Dec. 1   | Dec. 22   | Dec. 8   |

COLUMN SPECIFICATIONS - 550 word maximum, edited by CBJ news department, Word document format

AD SPECIFICATIONS - Half page (10.375" w x 6" t), 300 resolution, fonts outlined, cmyk/4-color process, pdf format  
Email both column and ad to [cbj.creativedesign@gmail.com](mailto:cbj.creativedesign@gmail.com)



## MEDIA CONSULTANTS

**Kris Lacina** [kris@corridorbusiness.com](mailto:kris@corridorbusiness.com)

**Kelly Meyer** [kelly@corridorbusiness.com](mailto:kelly@corridorbusiness.com)

**Rhonda Roskos** [rhonda@corridorbusiness.com](mailto:rhonda@corridorbusiness.com)