

# enrich<sup>TM</sup>

*Your Health & Life*

**AD CLOSE:**

SPRING .....November 30, 2006  
 SUMMER .....March 6, 2007  
 FALL .....June 4, 2007  
 WINTER .....August 31, 2007

**MATERIALS DUE:**

SPRING .....December 13, 2006  
 SUMMER .....March 19, 2007  
 FALL .....June 15, 2007  
 WINTER .....September 14, 2007

**INSERTS CLOSE:**

SPRING .....November 22, 2006  
 SUMMER .....February 27, 2007  
 FALL .....May 25, 2007  
 WINTER .....August 24, 2007

**INSERTS DUE:**

SPRING .....November 29, 2006  
 SUMMER .....March 5, 2007  
 FALL .....June 1, 2007  
 WINTER .....August 30, 2007

**SPRING 2007 | FEBRUARY**

**COVER STORY**

**Living with Osteoporosis**

February is National Heart Month

In-depth coverage of heart disease to include:

- Congestive heart failure
- Hypertension
- Hypercholesterolemia
- Coronary artery disease

**SUMMER 2007 | MAY**

**COVER STORY**

**Focus on Asthma and Allergy**

May is Asthma and Allergy Awareness Month

In-depth coverage of asthma and allergies to include:

- Sinus headaches
- Asthma
- Seasonal allergies
- Sinusitis

**FALL 2007 | AUGUST**

**COVER STORY**

**Focus on High Blood Pressure**

In-depth coverage of immunizations to include:

- Back-to-school
- Influenza
- Senior health
- Hepatitis

**WINTER 2007 | NOVEMBER**

**COVER STORY**

**Focus on Diabetes**

November is American Diabetes Month

In-depth coverage of diabetes to include:

- Eye care
- Heart disease
- Obesity and weight loss