

# Be A Part of Health Matters

## OUR 2018 NEXT ISSUES

### WINTER ISSUE

Publishing: January 5, 2018.  
Deadline: December 15, 2017

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### SPRING-SUMMER ISSUE

Publishing: April 27, 2018  
Deadline: April 6, 2018

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### FALL ISSUE

Publishing: September 7, 2018  
Deadline: August 17, 2018

## OUR DISTRIBUTION

We cover all of Renfrew County. You can find Health Matters at hospitals, grocery stores, libraries, independent pharmacies and most healthcare providers. Anyone wishing copies is welcome to be part of our delivery list and copies may be requested for special events, tradeshow or other needs. In total, we print and distribute 15,000 copies of each issue.

## SUBSCRIPTIONS

While we offer Health Matters free for pick up at the locations that host the magazine, we also offer subscriptions.

The cost is \$20 for three issues, which covers our costs of mailing.

Subscriptions are a great idea for people who can't always get the latest issue, or who may be outside of our delivery area and still wish to receive Health Matters.

## CONTACTING US

Phone: 613-732-7774  
behealthy@ovhealth.ca  
www.ovhealth.ca  
www.facebook.com/ovhealth

If you have often thought about being part of Health Matters, but don't know if it's the right fit for you? Or, maybe you know it's a good fit, but you just can't seem to find the time to get organized. Let us help!

There are three ways you can be part of Health Matters: an editorial, a display ad or a listing as a health service. We also provide a topical focus each issue. It's optional to participate in the focus section, but it does help give organizations some ideas on participating.

Regardless of the way you choose to be in the magazine, we help! You don't have to be a professional writer to write an editorial - we help with the writing and editing of all the pieces. If you're looking to run a display ad, we also provide graphic design at no additional cost. We do our best to make it easy!

If you find that the choices we have don't quite suit what you're looking for, talk to us about it.

We have created unique options for organizations needing something a little different. This is an idea for collaborative ventures where various people share the cost.

Finally, we are available to speak to groups or boards on the magazine and how it can help get the word out about what

your organization has to offer, or how you could use the magazine to help build awareness of what you do.

You can call or email us for any information.



The two words  
“information” and  
“communication”  
are often used  
interchangeably,  
but they signify quite  
different things.  
Information is giving  
out; communication  
is getting through.

- Sydney J. Harris

The patient  
should be made to  
understand that he or  
she must take charge  
of his or her own life.  
Don't take your  
body to the doctor  
as if he were a  
repair shop.

- Quentin Regestein