

Healthy Perspectives

DIGEST

2019 Custom Content Submission Schedule

PLEASE NOTE: Our editorial staff will reach out to you prior to the dates below with friendly reminders.

PRINT:

JANUARY 2019: Content due by November 15, 2018
FEBRUARY 2019: Content due by December 13, 2018
MARCH 2019: Content due by January 24
APRIL 2019: Content due by February 21
MAY 2019: Content due by March 21
JUNE 2019: Content due by April 25
JULY 2019: Content due by May 23
AUGUST 2019: Content due by June 20
SEPTEMBER 2019: Content due by July 25
OCTOBER 2019: Content due by August 22
NOVEMBER 2019: Content due by September 19
DECEMBER 2019: Content due by October 24

ELECTRONIC:

JANUARY 2019: Content due by December 13, 2018
FEBRUARY 2019: Content due by January 24
MARCH 2019: Content due by February 21
APRIL 2019: Content due by March 21
MAY 2019: Content due by April 25
JUNE 2019: Content due by May 23
JULY 2019: Content due by June 20
AUGUST 2019: Content due by July 25
SEPTEMBER 2019: Content due by August 22
OCTOBER 2019: Content due by September 19
NOVEMBER 2019: Content due by October 24
DECEMBER 2019: Content due by November 14

Please submit updated logos, custom articles or content for newsletters to:
info@inspiringperspectives.com

RULES OF THUMB FOR SENDING CUSTOM CONTENT:

- **Custom Cover** - stick to approximately 350 words or less.
Page Four Content - stick to approximately 200 words or less.
- **Send text** in either the body of the message on an email or a word doc. format.
- **Send any images** you want included as separate jpeg files (not embedded).
- **Use the schedule above as a guide** for when to send us your content each month.
- **If you do not have any content to send for a particular month**, not to worry, we will utilize the standard content and “quiz section” as a default for page four.