



Improving **Health**. Changing **Lives**.

Join us all year long to connect with the most influential health and wellness consumer on the Internet -- women. Millions of women visit EmpowHER.com every year to change the way they advocate for the health and well-being of themselves and their loved ones. EmpowHER gives them access to one of the largest women's health and wellness content libraries on the Web, as well as one of the most active online communities of women discussing their health and wellness issues.

January Focus: Beauty	February Focus: Sexual Health	March Focus: Weight Management
<ul style="list-style-type: none">▪ Skin, Hair & Nails▪ Cosmetic Surgery▪ Healthy Habits▪ Cervical Health▪ Thyroid Awareness▪ New Year, New You	<ul style="list-style-type: none">▪ Sex & Relationships▪ Sexual Education▪ Heart Health▪ Valentine's Day	<ul style="list-style-type: none">▪ Healthy Eating▪ Diets & Recipes▪ Sleep Awareness▪ Step Into Spring
April Focus: Fitness	May Focus: Menopause	June Focus: Pregnancy
<ul style="list-style-type: none">▪ Joint Health▪ Body Image / Low Self-Esteem▪ Sexual Assault Awareness & Prevention▪ Avoiding Allergies	<ul style="list-style-type: none">▪ Hormones▪ Healthy Aging▪ Joint Health /Arthritis Awareness▪ National Women's Health Week	<ul style="list-style-type: none">▪ Reproductive Health▪ STDs / HPV▪ Menstrual Cycle▪ National Cancer Survivors Day▪ Summer Safety
July Focus: Holistic Health	August Focus: Parenting	September Focus: Ovarian Cancer
<ul style="list-style-type: none">▪ Alternative Medicine▪ Dental & Oral Health▪ Skin Protection▪ Summer Travel Health	<ul style="list-style-type: none">▪ Relationships & Family▪ Post-Partum Depression▪ Pediatric Care▪ All About Moms▪ Psoriasis Awareness▪ Back to School	<ul style="list-style-type: none">▪ Immunization▪ Preventive Medicine▪ Childhood Obesity▪ Prostate Cancer▪ Dealing with Addiction
October Focus: Breast Cancer	November Focus: Diabetes	December Focus: Mental Health
<ul style="list-style-type: none">▪ Women's Health Screenings▪ Infertility▪ Bully Prevention▪ Winter Workouts▪ Happy Halloween	<ul style="list-style-type: none">▪ Alzheimer's Awareness▪ Get Smart About Antibiotics▪ Giving Thanks▪ Holiday Survival Guide▪ Healthy Thanksgiving Alternatives	<ul style="list-style-type: none">▪ Stress Management▪ Coping with Depression & Anxiety▪ Boosting Immunity▪ AIDS Awareness▪ Healthy Holidays

NOTE: Editorial calendar subject to change.

2013 Editorial Calendar

Answers. Advocacy. Community.

EmpowHER Sales

P 480 619 6030 F 480 315 1447

Sales@EmpowHER.com